

Think HALT

Are you or your team members feeling...

Hungry/Thirsty

Anxious/Angry

Late/Lonely

Tired

Take a STEP

Stop - HALT, pause and 'check-in'

Take a break - if it is safe to do so

Empathise - with yourself and others

Plan ahead - work as a team



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust



Are you or your team members feeling...

Hungry/Thirsty

Anxious/Angry

Late/Lonely

Tired

Think HALT

Take a STEP

Stop - HALT, pause and 'check-in'

Take a break - if it is safe to do so

Empathise - with yourself and others

Plan ahead - work as a team

