

LIFESTYLE EAP

Wellness at Work

Focusing on Wellness

What is **HALT**?

The pandemic has been a particularly challenging time which has brought on additional stressors. When challenges arise, basic needs can be overlooked and negative feelings such as stress and frustration can become overwhelming. **HALT** is a simple yet powerful acronym that is associated with wellness habits that can help you ground yourself during a stressful time. This great tool can be used as a reminder of the four most common stressors. Use **HALT** to identify common triggers early on.

HALT

Hungry

This can be a physical or emotional need. The need to eat is fairly straightforward and common knowledge. However, we should not only remind ourselves to eat but to eat well.

Angry

Anger is a normal and healthy emotion to feel and experience. It is important to take time and understand what is causing your anger. It is equally important to express your thoughts and feelings properly.

Lonely

Loneliness can occur when we are by ourselves or even when we are surrounded by many people. It is important to reach out to your support system if you feel like your negative emotions are becoming unbearable.

Tired

Tiredness can take a toll on our body, mind, and spirit. When our days are bombarded with various activities and obligations, it is easy to ignore how tired we become. Implementing self-care can help you recharge.



 **Cleveland Clinic**
Wellness

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