

# Think HALT

Do you or your team members often feel...

**H**ungry and/or **T**hirsty

**A**nxious and/or **A**ngry

**L**ate and/or **L**onely

**T**ired

**Plan**

**Prioritise**

**Pause**



Plan ahead. At the start of the day, set out a suitable plan for short breaks for each team member- this is not intended to create disruption.



"Do I pause or not?" - recognise, as a team, the value in taking a break before pressing on. It is recommended to take at least 20 minutes every 5 hours.



Think HALT; support each other to take your break. Can you mitigate any of the HALT factors now?



**H A L T**  
2020

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

