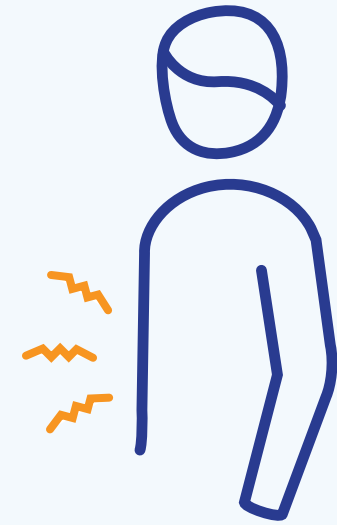


H.A.L.T. Before You React



Hungry?

Notice what your body is telling you



Angry?

Take a few deep breaths



Lonely?

Find a listening ear



Tired?

Stretch, breathe, or reset your focus

