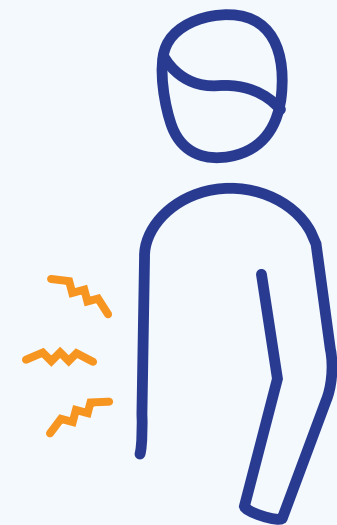


# H.A.L.T. Before You React



## 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

