

# Taking a Mindful Halt

**H**ungry

Are you hungry? Sometimes when we are hungry, our mind doesn't have what it needs to think clearly, regulate emotions, or control impulses.

**A**nxious or  
**A**ngry

These two emotions affect your sense of safety and ability to think clearly. If you are experiencing these two emotions, you can take a few mindful breaths to help you see what's fueling these emotions

**L**onely

Being lonely can feel like being isolated or disconnected. Even if people are around you, you can still feel lonely. Could you reach out to someone and let them know how you are doing?

**T**ired

Do you need some sleep? When you're tired, your brain may not feel as sharp or focused as it usually is. It's also much harder to manage emotions and impulses.