

# It's Healthy<sup>to</sup> HALT

*Making healthy choices means knowing what you need.*

Use the handy acronym below as a reminder to listen to your body and mind when comfort foods call. Ask yourself if you are...

**H**  
Hungry?

**A**  
Anxious?  
Angry? Annoyed?

**L**  
Lonely?

**T**  
Thirsty?  
Tired?



## Hungry?

Make sure you're not eating because the clock or some other cue tells you it's time to eat. Eating when you're actually hungry will help you maintain a healthy weight.



## Anxious? Angry? Annoyed?

Take deep breaths. Walk. Write. Color. Do a puzzle. Play music. Listen to a podcast. Practice yoga, tai chi or meditation. Try different self-soothing techniques.



## Lonely?

Call a family member. Text a friend. Post a note online. Chat with a neighbor. Read a favorite book. Pray.



## Thirsty? Tired?

Hunger can show up as thirst in disguise. See if a glass of water helps you feel better. Or maybe a quick power nap will do the trick.



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