Think HALT

Do you or your team members often feel...

H ungry and/or Thirsty
A nxious and/or Angry
L ate and/or Lonely
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?

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