

HALT: Take a break



Working for long hours without taking a break isn't healthy for you, your colleagues or your patients. If you are Hungry, Anxious, Late or Tired, you're less productive and it's more difficult to make decisions effectively. **HALT** encourages you to focus on your health and well-being, and is a reminder to take your breaks.

Consider the following mental health and wellness indicators:

Are you:

Hungry or thirsty

Are you:

Anxious or angry

Are you:

Late or feeling lonely

Are you:

Tired

WHAT CAN YOU DO?

1. Plan your breaks: ensure all staff members know when their breaks are.
2. Work as a team: create a break schedule that outlines when a team member will be on break and assigns someone to cover their role when necessary.
3. Create a "take a break" practice culture: lead by example, and create an environment where breaks are encouraged.