

UHALTS

Unstructured time

- * Create flexible structure in your day-to-day
- * Is there a fun/productive activity you can choose?

Hungry

- * Plan out regular meals and snacks
- * Do you currently need a meal or snack?

Angry

- * Avoid unnecessary frustrations when possible
- * Do you have a conflict or frustration that can be resolved?

Lonely

- * Spend time regularly with friends and loved ones
- * Do you need to reach out to a friend or support person?

Tired

- * Prioritize sleep and taking breaks
- * Do you currently need to take a break or go to sleep?

Sick/stressed

- * Avoid unnecessary stressors and practice self-care
- * Do you need to rest or use a coping tool?