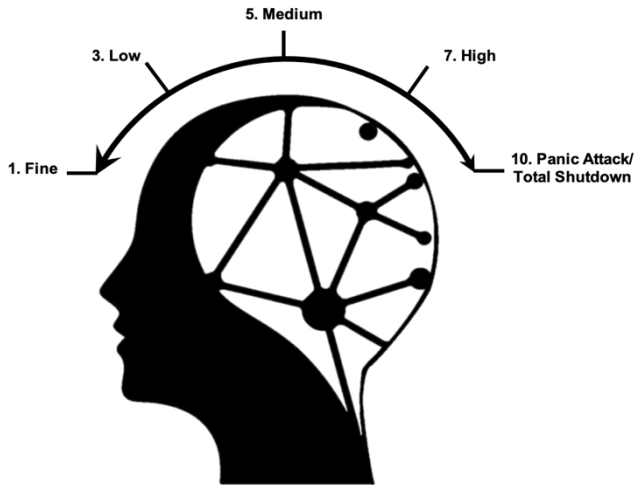




I Need Help Now!

Quick interventions for anxiety, irritation & agitation

1. What is your anxiety level?



2. What's going on?

- Are you having a panic attack?
- Are you uncomfortably anxious or irritated?
- Are you waking at 3am in the morning, with your mind racing?
- Are you overly or underly emotional for the situation?
- Have you not eaten for more than 3 hours?
- Do you want to feel better in 10-15 minutes?

If you're experiencing any of the above, fuel your brain with a Lizard Brain Treat™.

Even if you aren't hungry, having a Lizard Brain Treat™ will help reduce the feeling of anxiety, irritation and agitation.

What is a Lizard Brain Treat™ and how will it help me?

A Lizard Brain Treat™ is a snack of:

- sugar (a quick fuel) &
- protein (a longer-lasting fuel)

Sugar fuels your brain quickly and starts reducing the adrenalin causing the physical symptoms of anxiety, irritation and agitation. Protein extends the amount of time you're in your responsive cortex brain, before needing to re-fuel.

✓ **Your anxiety will generally drop by 10-20% within 10-15 minutes after eating a Lizard Brain Treat**

Choose one quick fuel and one protein from the list below, or from your favorite foods

Quick Fuel (sugars)

- ¼ juice
- 1 piece of hard candy
- ¼ cup of soda
- Honey stick
- 1 tbsp jelly

Long-lasting Fuel (protein)

- ¼ cup nuts
- Meat jerky
- ¼ cup cottage cheese
- 2 tbsp nut butter

Combined sources work too (if they're not sugar-free)!

- ½ cup protein shake
- ½ protein bar
- ½ BP&J sandwich

