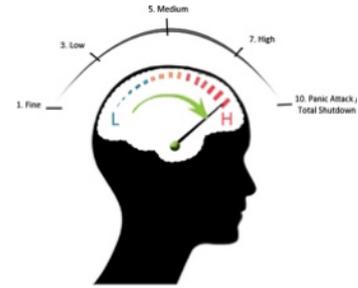


## I Need Help Now!

*This handout summarizes some key interventions to help you feel better now. Consider the questions below and take action as needed. When you're feeling on the edge and having a hard time with acute anxiety and worry, it's hard to remember what you can do in the moment to help yourself. Keep this tip sheet handy so you can refer to it as needed.*



If you are experiencing any of the below, try a **Lizard Brain Treat!** Even though you may not feel hungry, fueling your brain will help you reduce your anxiety and symptoms.

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

### Lizard Brain Treat

A Lizard Brain Treat is a snack of sugar (a quick fuel) and protein (a longer lasting fuel). You want the quick fuel to get to your brain almost immediately, which will start to reduce the adrenalin causing you to be in your reactive lizard brain. Following this with protein extends the amount of time you're in your responsive cortex brain, before needing to re-fuel. Choose one quick fuel and one protein from the lists below – or from your favorite foods.

#### Ideas for Quick Fuels:

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

#### Ideas for Protein:

- ¼ cup of nuts
- ¼ cup of nuts
- A stick of jerky
- ¼ cup of cottage cheese
- 2 tbl of peanut (or other nut) butter

**Combined sources work too (as long as they aren't sugar-free)!**

- ½ cup of a protein shake
- Protein bar
- ½ a PB&J sandwich

**Generally speaking, your anxiety will drop by 10-20% within 10-15 minutes.**

*What other things help you feel better?*