

### FEAR, ANXIETY, INSOMNIA

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2. Ask for support.
3. **Treat:** Internally: Alien Elixir, Kava Kava. \*If breathing is constricted: Osha & Lobelia drops.\*
4. Check for hunger/thirst levels.
5. Get extra rest

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### FOOD POISONING

1. Access Help if needed
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4. Control Bodily Waste Disposal.
5. **Monitor Hydration Levels:** Drink liquids with added salts, lemon juice, electrolytes.
5. Monitor for Allergic Responses: Breathing? Skin Rashes?

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