

BRAINS

IF YOU GET ZOMBIFIED,
BE SURE TO USE YOUR BRAINS.

B — BREATH

Take some deep breaths

R — RESIST THE URGE TO ACT

Hit the pause button

A — ACTIVITY

Do something physical

I — INVESTIGATE THOUGHTS

Is it true? Is it helpful?

N — NAME THE FEELING

Zero to 100

S — SENSES

Look, listen, touch,
smell, taste.

