

# ZERO BRAIN POWER EMERGENCY PROTOCOL

For when your nervous system is fried, but your hands need a job.

## THE VIBE CHECK

Before you pick up the needles, where are you?

[ ] **Bunker Mode:** I need to hide. Give me soft textures, dim lights, and zero questions.

[ ] **Battle Mode:** My anxiety is fighting me. I need rhythmic movement to burn off adrenaline.

## THE KNITTER'S GROUNDING (5-4-3-2-1)

If you feel like you're floating away or spiraling, pause and find:

- **5 Colors** in your yarn stash or room.
- **4 Textures** you can touch right now (yarn, needles, blanket, pet fur).
- **3 Sounds** you can hear (needles clicking, rain, show background noise).
- **2 Smells** (coffee/tea, wool wax, fresh air).
- **1 Thing** you can taste or sip.

## THE PERMISSION SLIP

Signed by Ignite Your Inner Artist & The Knitting Rebellion

- I am allowed to knit one row and stop.
- I am allowed to just hold the yarn and not knit at all.
- I am allowed to watch 4 hours of TV and have nothing to show for it but a slightly calmer heart rate.
- My value is not measured in stitches per hour.

Need a reminder? Watch the video here:

<https://www.youtube.com/channel/UCxjzJiBV-4ebEfuGzL9mTDw>

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## MY ZERO BRAIN PROJECT MENU

Fill this out when you have energy. Pick from it when you don't.

Project Name	Needle & Yarn	Where is it?(Bag/Shelf)	Netflix Scale ?/10
e.g., Vanilla Socks	US 1 / Fingering	Blue Tote Bag	9

### THE NETFLIX SCALE KEY

**10/10:** Complete Zombie Mode. I can knit this in the dark. (e.g., Garter stitch scarf)

**8-9/10:** Airplane Mode. I can watch a sub-titled movie. Glancing down occasionally. (e.g., Ribbing, stockinette in the round)

**1-7/10:** Not for today. Put it back in the bag.

Need a reminder? Watch the video here: [Your YouTube Link]

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