

flow

FLOW LIFE
SKILLZ

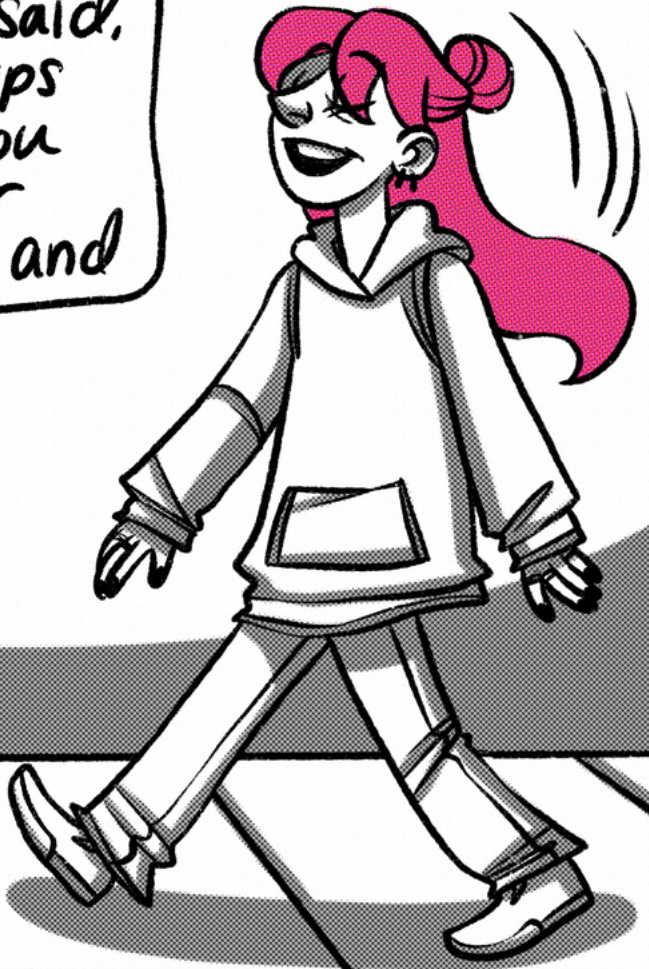


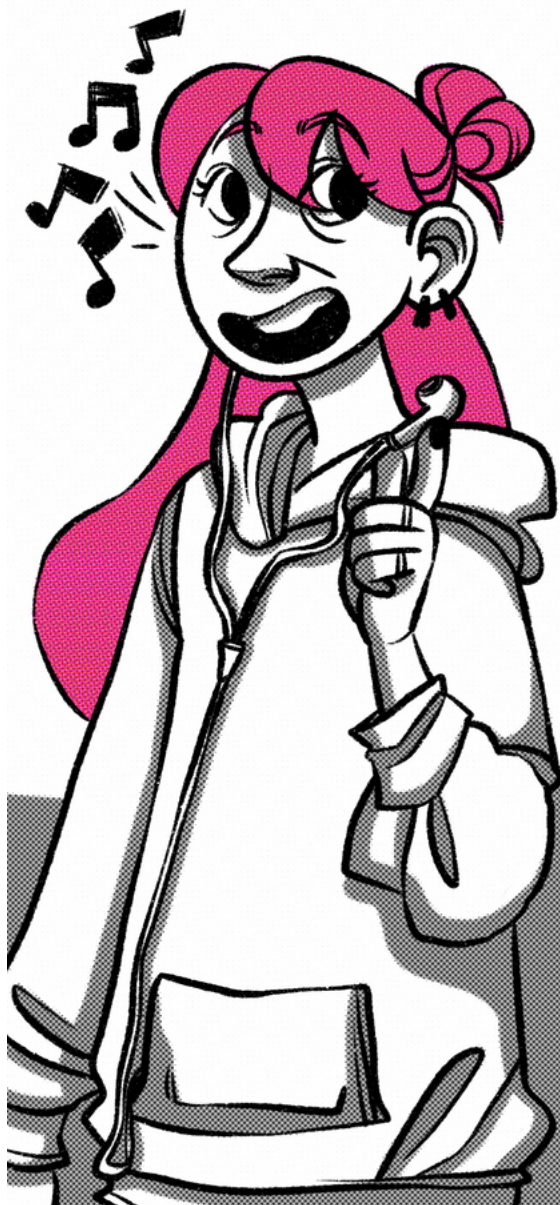
It might sound super obvious, but being aware of your surroundings while you're out & about is super important for your safety.



It's super easy
to just default
to being on your
phone while you
walk, but dude.
That's dumb.
Don't do that.

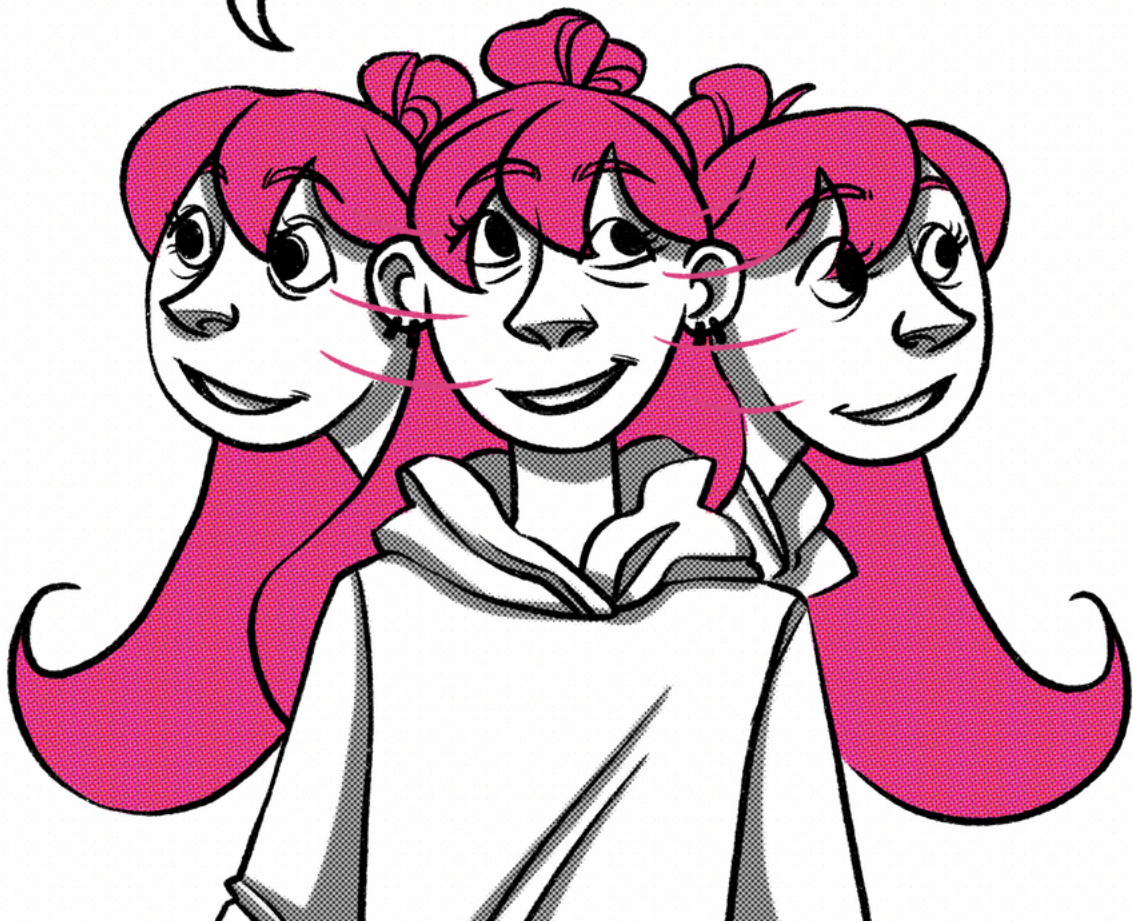
So. That being said,
here's some tips
about how you
can be safer
when you're out and
about.





First, leave the headphones at home. Or at least keep the music at a volume where you can at least be aware of the noises around you.

Next, you wanna keep your head on a swivel. Not in a paranoid way, but just to be aware of what's going on around yourself.



Finally, just make sure you hold your head high and walk confidently. It sounds silly, but holding yourself with confidence can make you a worse "target."

In general, awareness can keep you safe. And better safe + smart than sorry!

