

#KeepTheHeid

Who are you when you lose your heid?



Acrobat!



No stranger to the high wire your lid is right on the edge!
Your thinking brain and your emotional brain are fighting
for control, and you feel things could go either way. Balance
in life is key, space will help you consider what's important.

Find out more about keeping the heid
www.scottishconflictresolution.org.uk

