

# #KeepTheHeid

Who are you when you lose your heid?



# Lion Tamer!



Crack the whip and tame that beast! Your lid is starting to go! You feel emotions building, but your thinking brain stays in control. Most of the time you can see another side to things. Take a breath this will help you stay connected!

Find out more about keeping the heid  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

