

#KeepTheHeid

Who are you when you lose your heid?



Human Cannonball!



Tie down those tent pegs your lid has flipped! Your emotional brain is in control - you tend to have quick reactions and a short fuse. We all have stuff that pushes our buttons, it's what we choose to do next that's important!

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

