

# #KeepTheHeid

Who are you when you lose your heid?



# Clown!



No squirty flowers in your pocket, these are tears of rage!  
Your lid is about to go! Your emotional brain is taking control which means your reactions tend to be explosive.  
Learn to recognise your triggers!

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

