**Be the BOSS of ADHD**



Exercise!



Impulse Control



Superhero Breaths

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You are the **BOSS** of **ADHD**!

**Be the BOSS of ADHD**

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Exercise



Impulse Control



Superhero Breaths



You are the **BOSS** of **ADHD**!



You can use this bookmark with your clients to helpthem remember how to be the boss of their ADHD! Best if printed on heavier paper and in color. I have also printed on regular copy paper and let the client glue to colored construction paper. You can buy lamination paper at any office supply store. Hole punch a hole on the top and add yarn or ribbon. Can be used as a book mark or door hanger. The illustrations come from my book, “My Warp Speed Mind.”

Thank you for downloading this bookmark.

Donalisa Helsley, LCSW

http://www.hopehealthharmonycounseling.com