**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**!

A close up of a womans face

Description generated with high confidence

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