

THE BRAIN CHRONICLE

OCTOBER EDITION | 2022

Hello Brains & Hearts!

Happy ADHD Awareness Month! Funny how half of us forget October even IS ADHD Awareness Month...maybe we need an Awareness of ADHD Awareness Month? I nominate September.

Thankfully, TED didn't forget – they even shared my TED talk, check it out! 🙌🙌

[Click Here!](#)

If you did anything special for ADHD Awareness Month yourself, drop it in a comment, we'd love to hear it :)

Oh yeah, and Happy Halloween as well!

PATREON PERKS

(by Harley, your beary awesome community manager)

Behind The Brains

Some changes are coming!

We are still nailing down some of the particulars and details, but once we've done that we'll post an update going over what we're planning to update. 😊

SUPERbrains

SuperPoll Results

October's [SuperPoll](#) results are in! And thank you to everyone who voted! Many of you wanted to know about **ADHD Brains That Start Fights Because We're Bored**, and you can now view it on [Patreon](#) and on [Youtube](#)! 😊📺

Content Suggestions

Suggestions have been quiet, and though we do have many ideas, we want to make sure we create some content based off of what you, our members, are looking for!

Wanted to suggest content but wasn't sure how?


No worries! You can send suggestions via

- A Patreon DM,
- A Patreon Community Post,
- A comment on this post, and
- The #super-content-ideas on our Discord.

Haven't suggested an idea because you think someone's suggested it already?

You can still add your suggestion! We thrive off of repeated suggestions, as it lets us know what you all -- our community -- would like to see covered the most. 😊

Wonderbrains



Don't miss out on this month's behind the scenes clips! If you haven't seen the post yet, no worries, we got you! You can check out the playlist for this month here  [Click Me!](#)

Brain Board

Missed the Brain Board this month? It was a special one!

Jessica gave her latest keynote speech that she's been giving to companies, universities, etc. It's a speech on neurodiversity, what she's learned doing this channel, and her hopes for the future! If you missed it, don't worry, you can still watch the replay posted on Patreon!

Brain Advocate

We've no updates for you aside from the above updates, but we wanted to say hello!  You are all braintastic! 

UPCOMING EVENTS

I am SO excited about this one – it's happening in just a few weeks!

2022 CHADD's Annual International Conference on ADHD | November 17 - 19
Downtown Hyatt Regency Dallas
300 Reunion Boulevard, Dallas, Texas, USA
Tel: 214-651-1234

You can attend in person OR online! I'll be there in person this year. This is the one event I NEVER miss, because it is an EXPERIENCE. It's an incredibly affirming and educational event. You can meet other ADHDers, parents of ADHD kiddos, ADHD coaches, mental health professionals that specialize in ADHD, ADHD researchers, influencers/advocates... it's the one place where we all connect.

If you're interested in tickets, **first be sure to check your budget!** If all's good there, you can use this link to receive 15% off 🙌🙌 [Buy Tickets Here!](#) Or use our discount code at checkout: HowtoADHDADHDCon2022

(Yes... Yes it is How to ADHD ADHD Con 2022 but without spaces... double ADHD all across the code, yeeeeaaaah yeeeeaaaah, soooo cool!)

That's it for now – I'm being careful about what else I commit to, because, you know – book. 📖

WHAT WE ACCOMPLISHED

How to Book

We got the official release date for How to ADHD the Book – January 2024! 6 chapters are written so far, 7 chapters (and an introduction) to go...I'm trying not to think too hard about how that math works out...technically my deadline is January 31st but I will likely be crunching hard on it from Christmas until it's done in like... March.

How to ADHD Friendly Company

We're almost finished with an ADHD Friendly company handbook! We laughed heartily at a lot of neurotypical handbook policies such as "don't sleep during the workday" just before yeeting them. We're also finalizing our official company values and will be sharing those next month :)

ALSO:

- I gave a talk at Stanford! THAT was #goals



- Learned there's a new research study on Sleep & Autism – they got \$10 million to research this over the next 5 years, should be amazing!! You can read it here! 🙌🙌 [NIH awards Stanford Medicine teams \\$10 million for research on sleep and autism](#)
 - I met with Scott Steindorff's team — Executive Producer of HBO's Emmy-Nominated Station Eleven and Golden Globe Winner for Empire Falls – about possibly being interviewed for a documentary on ADHD. They loved my perspective, and are waiting to see if they can make it out to Seattle to film me!
 - I consulted on <https://www.mentra.me/> – I spent hours this month meeting with their team, trying out their site, giving input & will likely continue to support the work they're doing moving forward as time allows, given I'm still working on the channel & the book. They're a startup and can't pay me, but that's what YOUR support allows me to do – work on projects simply because of the impact without worrying how I'm gonna feed myself (or the team!) that month :)
 - Stephen is juuust about finished with a cool new merch design...stay tuned!
-

NEW VIDEOS THIS MONTH

This Month's Featured Video
"What to do If You Can't Get Your ADHD Meds?"



You can watch the video here! 🖱️🖱️ [Click Here!](#)

Other Video Releases

- [Does the ADHD Tax Need to Be So High?](#)

YouTube Short Releases

- [One Way to Stay Focused When You Have ADHD](#)
- [What if You're Gifted and You Have ADHD?](#)
- [ADHD and Dealing with Grief](#)
- [ADHD brains that start fights because we're bored](#)

