

# THE BRAIN CHRONICLE

SEPTEMBER EDITION | 2022

## Hello Brains & Hearts!

Happy Autumn to some, and happy Spring for others! With the cooling (or warming!) of temperatures, we can't wait to get out and enjoy some [Green Time](#) -- or red, orange, and yellow time, for Autumn. 😊 What are some favorite activities you like to do in Spring or Autumn? Let us know in the comments of the Patreon post! We'd love to hear what you do (or don't) enjoy about these incoming seasons!

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## PATREON PERKS

### Everyone

A few of you have expressed concerns about the recent downsizing at Patreon. So we reached out to our contact at Patreon directly, who shared the following letter Jack, the CEO of Patreon (who also happens to have ADHD!), sent out to his employees. This shouldn't have any effect on our perks, but please let us know if you have any issues. Read

here for more details: [A note from Jack](#).


## Behind The Brains

Jess is back! In the past, Jessica popped in and out of the Behind the Brains chat on Discord to brainstorm topics, talks, etc., or just hang out. And she misses getting to chat with you all—a lot! While the book keeps her pretty busy, she's started popping in again when she can – whenever she needs to talk through an idea or has time between projects to say hi. No worries if you miss her on one of her visits – she'll be back!

## SUPERbrains

[The poll results are in!](#)

First, thank you for all the feedback from the first poll! We're glad to know this second poll had more clarity, and we hope that made it easier to decide which Shorts episode you wanted to see first.

This month was a close race, but **"Tool: How to get back into the flow of a project -- Use Breadcrumbs!"** came out ahead and has been released! You can watch it here  [How to Get Back into the Flow of a Project](#)

## Wonderbrains

[Behind the scenes content is here!](#)

Follow the link above to view our Patreon post, which has a direct link to the playlist if you prefer watching the clips that way instead! We hope you enjoy, and let us know what you enjoyed, thought was cool or interesting, and what you'd like to see more of, if possible. We'd love to hear from you. 😊

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# UPCOMING EVENTS

The PESI Conference | November 2022

## **More Details to Come!**

Jessica will be giving a talk at The PESI Conference with Ari Tuckman. The talk is titled: "Is ADHD a superpower...and does it even need to be?" and will go into the nuances of developing a resilient self-esteem that integrates an accurate understanding of our ADHD. We don't currently have the link for you, but the talk will take place in early November, so we will make it available for you as soon as we have it ourselves.

## **2022 International Conference on ADHD | November 17-19 Live in Dallas, Texas & Streamed Virtually**

Can you believe how fast this year is going? Yet again, it's almost time for CHADD's Annual International Conference on ADHD, and we've got a special discount link for anyone who wants to attend! Jessica will be attending again this year and participating in a panel.

Use this custom link to receive your 15% discount on tickets to the conference:

 [How To ADHD ADHD Conference Discount Link](#)

## **Stanford Neurodiversity Summit | October 23-25 Streamed Virtually - Admission is \$20**

### **Jessica's Keynote is October 25th from 9:45-10:30 AM PST**

To learn a little bit more about what they're doing at Stanford, we're sharing the following paragraph that comes straight from Lawrence Fung, MD, PhD, Director of Stanford, in the welcome section of their website:

"The theme of this year's summit is "How do you contribute to the Neurodiverse Community? Education, Service, Research, and/or Advocacy." This virtual summit is a unique conference bringing together neurodiverse / neurodivergent individuals, employers, service agencies, educators and students, parents, and professionals from all areas of the field.

We are planning the conference with Universal Design in mind, to maximize accessibility and inclusion; we want neurodiverse individuals to participate. Please see [Summit at a Glance](#) below to start learning about the summit. You are also invited to explore [Accessibility Guidelines](#) to learn about how our group increases accessibility of the conference."

Special Note: There are a limited amount of Complimentary Tickets available to those who need them. Please visit the Stanford Summit site here to learn more.

 <https://med.stanford.edu/neurodiversity/SNS2022/ComplimentaryTickets.html>

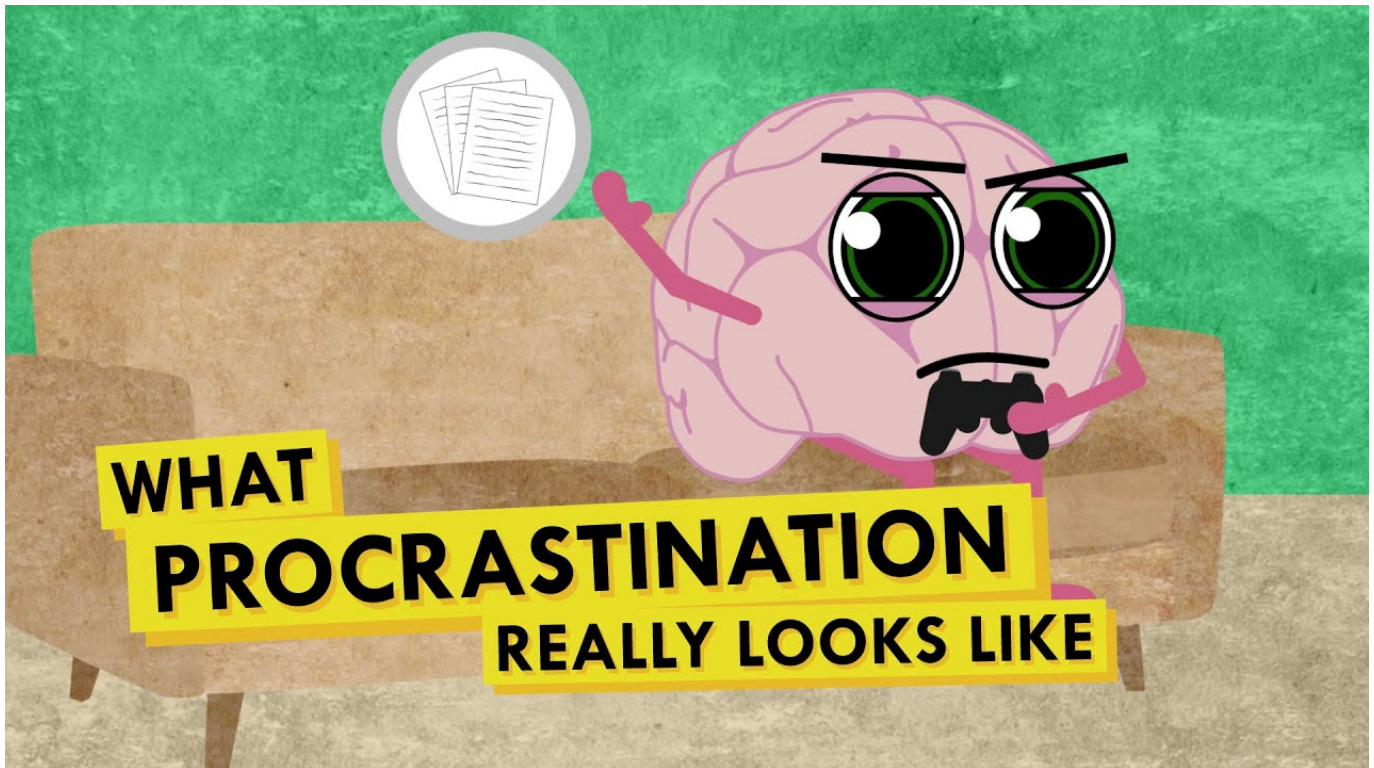
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## WHAT WE ACCOMPLISHED

- Thanks to your continued support, we've made many advances toward becoming a truly ADHD Friendly company in the last year. Most recently, we've been able to provide our team with health benefits and accommodations that make a big difference for the brains working here at How To ADHD. Without you, this accommodation wouldn't have been possible! Being able to do this means the world to us, so thank you from the bottom of all our hearts.
  - Jessica gave a talk about Neurodiversity to ESPN/Disney. After Jessica spoke, 30 new people joined the employee resource group! The attendance was more than double any other talks they've had in the past!
  - Jessica also gave a talk to Shell that went incredibly well. Shell has now decided to provide all employees with an anonymous survey to find out how many people have ADHD so they can invest more into supporting them.
  - Thanks to your support, several of our team members were able to attend Vidsummit this month to learn new things about creating content and running a business as a YouTube Creator. The knowledge we develop here helps us get better at providing the ADHD Community with valuable and impactful content.
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# NEW VIDEOS THIS MONTH

This Month's Featured Video  
"What Procrastination Looks Like from the Inside"



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

## Other Video Releases

- [The Struggles When ADHD Goes Unacknowledged and Under-Discussed](#)
- [Reacting to Fidgets!!](#)

## YouTube Short Releases

- [Is ADHD a Disability?](#)
- [When People Say "ADHD isn't that Big a Deal"](#)
- [Is ADHD a Behavioral Issue?](#)
- [How to Get Back into the Flow of a Project](#)

