

THE BRAIN CHRONICLE

MARCH EDITION | 2024

Hello Brains & Hearts!

As most of you know, Jessica and her partner recently welcomed a baby brain (or heart) into the world. She's currently out on maternity leave and has decided to leave the team in charge of running ALL THE THINGS until she returns. Since she's away, we thought that this would be a great time to do something that she'd never allow us to do if she were here – very LOUDLY sing her praises. Consider this a “love letter” to celebrate the amazing woman we're lucky to have running this team and teaching all of us how to work with our brains, not against them.

Some of you have been fortunate enough to meet Jessica in person and many others only know her through her work. Jessica is not one to boast or promote herself – she cares far more deeply about this community and making an impact than she does receiving recognition. And yet, she deserves it.

Everyone reading this knows about the effort she puts into creating engaging content to help serve the ADHD community, but what you may not know is the level of commitment she has to embodying what she teaches on this channel and helping Brains everywhere.

In the almost 4 years that I've been here, I've seen Jessica turn down thousands of dollars worth of sponsorships because they didn't align with our values or simply weren't a good fit for our community. I've seen her feel frustrated that our budget requires us to use sponsors as much as we do when she cares more about the content and serving this community than she does the money. I've seen her take a massive pay cut so she could bring on an employee who really needed to be full-time. I've seen her refuse to take raises or bonuses herself because she wanted to make sure everyone on this team was taken care of first. I've seen her accommodate neurodivergence in all of us working here at a level that I never could have imagined. She even helped me through a severe autistic meltdown I had in LAX once when I texted her, completely unable to speak after missing a flight.

When she wrote her book, we watched her fight hard to have a neurodivergent-friendly layout that would be accessible to as many Brains as possible. Jessica fights hard for this community, and she makes sacrifices along the way because she wants the world to be better for *us*.

She's also really good at making sure that everyone is thanked and recognized for the work they do, so we wanted to take a moment to recognize and thank her for what she does for this community, this team, and the world.

Thank you!,

J2 (How to ADHD Operations Manager) & The Whole How to ADHD Team

PATREON PERKS

SUPERbrains

Sup, SUPERbrains?

Last month you let us know that you thought science communication videos should be the first thing we look to cut down into Shorts... and this month you let us know which

of three Sci Comm videos you wanted us to cut down first! So be on the lookout for the Shorts version of **ADHD and Emotional Dysregulation: What You Need To Know!**

Want to review the poll? Sure thing!

[Click here to review March's SUPERbrains poll!](#)

Wonderbrains

What's up, Wonderbrains?

We've got a new peek behind the curtain for you! Get a look at how the Rewind Series intro was made, and enjoy some fun moments between Doctor B and Jessica!

[Click here to watch March's Behind the Scenes video!](#)

Brain Board

Hey, Brain Board!

Brain Board is still on! Jessica would love to hang out with you all during this month's livestream. Naturally, it's going to be quite focused on her experiences thus far as a new Mom! So be on the lookout for the livestream link when it gets posted around the livestream start time. Not sure when it is in your timezone? No worries!

[Click here to see what time Brain Board starts in your time zone!](#)

WHAT WE ACCOMPLISHED

- The UK Version of the book launched earlier this month!
- Jessica was able to go on maternity leave, thanks to your support. Also...

- We survived the first month of Jessica's maternity leave! Phew!
 - We learned from all of you and made an update to the ADHD Friendly Rubric based on your feedback and results. It's even better now! Check that out [here!](#)
 - We were able to migrate the website to a more stable server (although we're still finalizing the move, as some of you may have noticed)
 - We've been working with both the French and Spanish publishers on their translations of the book and are excited at the progress so far!
 - Did we mention that we survived a WHOLE MONTH without Jessica?! I mean... that's pretty huge!
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OUR LATEST VIDEOS

This Month's Featured Video

ADHD Social Skills: Deciding Whether A
Friendship Is Worth Pursuing



[Click here to watch this month's featured video!](#)

Other Video Releases

- [Why Routines Are More Helpful Than New Year's Resolutions | Rewind](#)
- [How to Rebuild Your Routines When Everything Changes | Rewind](#)
- [ADHD and Pregnancy with Dusty Chipura - Pre-Trimester \(preconception\)](#)

YouTube Short Releases

- [Check Out The UK Edition Of My Book! 🇬🇧📖](#)