

THE BRAIN CHRONICLE

MAY EDITION | 2024

Hello Brains & Hearts!

I'm BACK! From maternity leave! In case you missed it — I had a baby!

The team did an incredible job while I was gone, and now that I'm back & ready to create new content we're firing on all cylinders.

We're even making time for — gasp — pre-production!

Which means the videos will be more creative, and more educational, than they've been while I was working on the book...and pregnant...and on maternity leave...yeesh. It is SO good to be back!

Look for some exciting new content soon! In the meantime...

PATREON PERKS

SUPERbrains

Thank you so much to everyone who voted in this month's poll! **ADHD and Emotions** will be cut down into a series of Shorts that will hopefully be found by those who need it... and by our existing community who perhaps need a reminder... or need something short and sweet to share with their loved ones about a struggle they have. [Click here if you wish to review the poll!](#)

Wonderbrains

We hope you all have continued to enjoy the sneak peeks of how some things look behind the scenes as we work on them and some of these deleted scenes that never made it into the main videos! Didn't get to see May's video? No worries! [Click here to watch May's behind-the-scenes video!](#)

Brain Board

It was great seeing and talking to everyone at Brain Board this month! If you're new here, Brain Board occurs the last Saturday of every month at 2PM Pacific / 5PM Eastern / 11PM Central European, unless you're Australian, in which case it's the Sunday immediately after the last Saturday of the month at 7AM AEST.

Missed this one? No worries, the recordings are always available, and we hope you can make the next one! [Click here to watch May's Brain Board livestream!](#)

WHAT WE ACCOMPLISHED

- Jessica is back part-time! Woooooo! Welcome back, Jessica! We missed you!
 - Harley built a Social Media Content Library and Calendar on Asana (our project management system) to help us (well... and them!) manage our Social Media more consistently in the near(ish) future!
 - Speaking of systems, when you have so many content ideas and videos to release, there are a TON of moving parts! There's Pre-Production. Production. Post-Production. But our Producer worked super hard on a super awesome pipeline in Asana that helps him (and us!) keep track of moving Production parts, and it's a big reason why we've been able to get Shorts (and Instagram Reels!) out so consistently over the last few weeks!!! THREE CHEERS FOR OUR PRODUCER, EDDIE, AND HIS TEAM! HIP-HIP-HOOORAAAYYY!!!
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OUR LATEST VIDEOS

This Month's Featured Video

How to Cope with Rumination:

Don't Feed the "Demon" (Default Mode Network)



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

Other Video Releases

- [ADHD and Pregnancy with Dusty Chipura - First Trimester](#)
- [Navigating ADHD: My Aunt's Strategies and Path to Acceptance](#)
- [Let's Talk About ADHD and Trauma](#)

YouTube Short Releases

- [The cleaning struggle is real!](#) 🧦🧹
- [What ACTUALLY makes you a great friend?](#)
- [ADHD Friendly House Hacks: Even MOOOOAR Charging Stations!](#) 🔌🔋
- [Reacting to Memes: Wait... How Did I End Up Here?!](#) 🤔
- [Helping Hacks: What To Avoid When Helping ADHDers Clean And Why](#) 🧹
- [How Do You Make Hydration ADHD-Friendly?](#) 💧
- [ADHD Memes: Toast is a safe meal! Or is it?](#) 👁️🤔
- [An ADHD Day In The Life: Jessica's KING 5 Interview Adventure](#)
- [ADHD Comorbidities: How Common Do Conditions Co-Occur With ADHD?](#)
- [How to REALLY Help An ADHD Brain Get Work Done and What to Avoid](#)
- [ADHD Memes: That Wait Mode for Minor Commitments](#)