

THE BRAIN CHRONICLE

JUNE EDITION | 2024

Hello Brains & Hearts!

Happy summer! Hope you've got some fun plans. We definitely do...Jessica is going to be back full time starting July 1st, and we've extended production days to a full 12 hours so we'll have plenty of time to play and make fun content (did you know it's possible at many jobs to adjust your work hours to be more ADHD friendly? Whether that means starting later, or having some workdays be shorter so you don't have to focus as long, and some be longer so you have time to get into flow – this and more accommodations at askjan.org!) We've got a LOT of new content we're excited about, including an episode with Caroline Maguire, expert on ADHD & friendship, involving adorable puppets having awkward conversations. Stay tuuuned...

PATREON PERKS

SUPERbrains

We had a fun poll this month, and you got to pick what puppet style we'll use for an upcoming video! Thank you so much to all of you who took part in the poll. It was a close race, but in the end, you chose **Traditional Socks Puppets!** We're so excited and can't wait for you to see them!

[Click here to review the poll!](#)

Wonderbrains

Ever wanted to see what shenanigans happens BEFORE a video shoot with Jessica's Aunt or Dusty? Wonder no longer!

[Click here to watch June's behind-the-scenes video!](#)

Brain Board

It's almost here! Be sure your alarms and reminders are set, because Brain Board is happening TOMORROW!

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

UPCOMING EVENTS

2024 Annual International ADHD Conference | November 14 - 16

Anaheim, CA | [Click here to buy tickets.](#)

Every year ACO, ADDA, and CHADD put on a conference to bring together the best of the best in ADHD research, treatment, and strategies. Early bird registration is now open! We have not yet been able to get a community discount link, but we are still looking into it. 🙌 If you want to hold off on buying tickets for now, we'll let you know one way or another what the answer is as soon as we hear back.

WHAT WE ACCOMPLISHED

- We had fun doing some video shoots with Caroline and her daughter. Be on the lookout for those videos in the coming month!
 - We've been working with several international publishers to get different translations of our book out into the world. We'll share more about that as we get closer to publish dates!
 - Jessica did a podcast with Rachel Hollis on her show! We'll share links as soon as it's been released!
 - Thanks to your support, Jessica has been able to continue working part-time this month so she can bond with her new baby.
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OUR LATEST VIDEOS

This Month's Featured Video

[My Favorite Anxiety Hack EVER \(to Self-Regulate\)](#)



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

Other Video Releases

- [ADHD and Pregnancy with Dusty Chipura - Second Trimester](#)

YouTube Short Releases

- [Relatable ADHD Memes | Hey... do you have food in the oven?](#)
- [ADHD and Emotions | The One Strategy Many Of Us Weren't Taught](#)