



KIND THEORY



Self-Care for
Neurodivergent
Minds: Why What
You Eat Matters



Newsletter
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WHY WHAT YOU EAT MATTERS: THE OVERLOOKED CONNECTION BETWEEN NUTRITION AND NEURODIVERSITY



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Every individual is unique, and this diversity should be celebrated and embraced. However, with diversity comes different support needs, accommodations, and requirements that must be taken into consideration. Proper nutrition is an essential life component that is often overlooked but is essential for our overall well-being. Shockingly, up to 90% of Autistic Individuals may suffer from nutritional deficiencies, which can significantly impact overall cognitive development. Research has also shown that proper nutrition can improve cognitive function. Additionally, research also shows that up to 70% of children with ADHD may also have nutritional deficiencies, including essential fatty acids, zinc, and iron.

This issue not only affects neurodivergent individuals but also goes against the principles of inclusion and acceptance at the heart of neurodiversity. That's why Kind Theory, in collaboration with Rebecca King, has launched Nourish Diversity, a program that's all about empowering neurodivergent individuals to make informed and healthy food choices. We'll cover a ton of different topics, from how neurodivergence impacts our relationship with food to practical meal-planning strategies and debunking myths about neurodivergent and nutrition with a focus on ADHD. The program is now accepting registrations for anyone who could benefit from this support. If you are someone who could benefit from this program or know someone who could, the registrations are OPEN.

Together, we can promote access to healthy and nutritious education and foster a society that values and celebrates the unique strengths and perspectives of every individual. Join us in embracing this vision.

Excerpts from Featured
ArticlesInside an Autistic ADHD-er's Meltdown

Everyday tasks – as simple as a typical morning routine of self-care and house chores overwhelm my brain. So much so that I need to take frequent breaks just to complete a single task. You see, while it may seem simple to many, to my brain – it is extremely overwhelming. I don't know where to start. I don't know where and when to stop. 34 years of me fighting myself and blaming myself for not being able to do the "easy" things has reduced my stamina quite drastically.



by Samar Waqar

Lessons From My Cats

Society places metaphorical "cones" on neurodivergent people when we are forced to mask in order to survive. One situation where I struggle to remove the mask is within the workplace, where I am forced to navigate the nuances of the social world. I mask when I must fight through the anxiety of being judged by neurotypical people, when presenting information to families and staff at meetings knowing I may fail to communicate.



by Brittney Geary



To access full articles, please visit:
<https://www.kindtheory.org>

Excerpts from Featured Articles

Being Neurodivergent Means Being Misunderstood 2: Why Neurodivergent People's Behavior Doesn't Always Match Our Feelings



by Emily Morson

If cultures can express emotions differently, why not neurotypes?

Neurodivergent people might simply be wired with their emotions attached to different patterns of facial expressions and tone of voice than neurotypicals have.

For example, autistic people, who are perceived as having monotone voices, actually have a greater range of tone than most. However, because they use tone of voice atypically, people fail to notice that they are the opposite of monotone. The same may be true for their facial expressions.

When shown autistic and neurotypical people portraying basic emotions, neurotypical people understand neurotypical facial expressions better than autistic people's facial expressions. So, autistic people show their emotions on their face differently than neurotypical people do. That leads to each misunderstanding how the other feels.



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FEBRUARY HIGHLIGHTS

NOURISH DIVERSITY LAUNCH



Registrations Now Open for Nourish Diversity! Click now to learn more about the Nourish Diversity Program and to register yourself!



FEBRUARY HIGHLIGHTS

Donation from Love Life Foundation



We are so grateful to share that the Love Life Foundation has made a generous donation to Kind Theory. We want to extend our heartfelt appreciation to the Love Life Foundation for their contribution and belief in our vision. We look forward to working together to spread kindness and make the world a better place.

FEBRUARY HIGHLIGHTS

Is Autism a Super Power? - Partnered with Neuroclastic

Kind Theory teamed up with NeuroClastic, International Association for Spelling as Communication, Reach Every Voice, and CrimsonRise for a super cool project. Ten autistic illustrators were commissioned for drawing illustrations of autistic community members, and everyone was invited to write their own bio similar to what would be found on the back of a comic trading card. It was a great way to celebrate the strengths and vulnerabilities of autistic individuals and help others understand their experiences.





Eating Well Is Like Giving Your Brain a Hug. Lets Love Our Neurodivergent Minds by Healthy Eating.