edited episode Sydni Rubio

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SPEAKERS
Sydni Rubio, Katy Weber

Katy Weber 00:00
I know for you, you were diagnosed a couple years ago, right? Four years ago.

Sydni Rubio 00:06
Yeah, I was diagnosed when I was 24. It was, I had like an anxiety attack. And I went into psychiatrists in like April of 2018. And I got diagnosed with anxiety and depression and then later ADHD, and then I had my last semester of undergrad. So I kind of got to experience like my bachelor's degree with having ADHD and not even knowing I had ADHD and not being diagnosed. And then that last semester, like it was, it was night and day with the effort I put into schools crazy.

Katy Weber 00:39
Hmm, interesting. So what how did the diagnosis come about? Was it just you had a particularly well read medical provider? Or was it your own research or,

Sydni Rubio 00:49
actually so. So I was getting my I was getting my degree in biomedical science and chemistry, and I remember, I would just get so frustrated with myself when I would be like sitting in organic chemistry. And my professor would be like, Alright, so I have something really important to share with everybody, please pay attention. If you don't pay attention to anything else, this whole hour, please pay attention to what I'm about to say. And I'm like, Alright, I got this. I'm focused, I got this. What do you got to say? And then I would like look at a periodic table, I'd be like, what kind of words can I make out of all those letters? And then then I would hear say, again, okay, you got it. I'm not repeating that. And I'm like, Oh, my God, when that happened so often. And it's, you know, it's not that I was zoning out because I wasn't interested, like I wanted to know, but my brain was like, now we're gonna do something that's unimportant. So I remember talking with a friend about it, and she was like, You should go get tested, I got tested, I take medication now on it, it has changed my life. And I'm, I don't know, we'll see I, I hate going to the doctors, I hate scheduling appointments. So I put it off, I put it off. And then finally, I had a really big panic attack when I was
studying for a cell and molecular biology class exam. And I was like, Okay, I need help, I couldn’t breathe, I was panicking. So I went to go see this psychiatrist, and he’s like, you for sure have anxiety. It sounds like you have a touch of depression too. And then he actually my psychiatrist that I went to didn’t believe in ADHD, like he was like, I don’t think it’s a real thing. And he’s like, so I’ll just diagnose you with these two, you can get antidepressants for now and model rubber. The antidepressants helped me focus a little bit. But then when I went back for my checkup, I’m like, Listen, I know you don’t believe in it. But I would really like to explore it. Because I’ve done the research. You know, I’ve hyper focused on what it means to be ADHD, how it affects you like, it fits me to a tee. And he’s like, Alright, fine here. So I gave him the drugs, and I tried them, and it was life changing. So then now I see a different doctor who listens to me more, she adjusts my dosage. And she actually believes that ADHD is real, because she has, you know, friends and family that have it too. So that was a really nice way of saying that long winded explanation of Yeah, my first doctor wasn’t that great, but now I have one. That’s amazing.

Katy Weber 03:15

Now, did you feel like you related to the hyperactivity part because I know from my personal experience that my therapist was diagnosed with ADHD through her son several years ago, and so she kept gently suggesting to me, I should really look into it, I should really look into it. And I just dismissed her I was sort of like, I don’t Yeah, I don’t know, baby. But like, I don’t relate to the hyperactivity part. I was like, I can spend days in a comatose state on the couch, like I have definitely did not think of myself as a hyperactive person. And even when I took the Self Test online, this was all prior to the pandemic, like I took the Self Test from attitude magazine online for women, and I scored like a perfect score almost perfect, perfect, right? The first time I aced a test, right? And it’s still like felt really resistant because of the way in which ADHD is so terribly misrepresented. Right? And so I was like, well, this even though I relate to the self test, I still didn’t feel like it was me until I started, like really doing the deep dive hyper focus into like, lived experiences with other people, you know, especially women. So I’m curious, like, Did you feel like you had the Did you relate? What was my initial question? I think it was Did you relate to the hyperactivity part?

Sydni Rubio 04:35

Yes, so very much so like that was very obvious when I was a kid. I got in trouble a lot. My mom would always make comments like how I was acting like a boy because I was always running around and interrupting people I would pull my card like almost every day in class, you know, like, you know, you have one strike against you, you interrupt your teacher, you go under the desk. During silent reading time and tie your classmates shoelaces to their desk legs, not that I did that or anything but, you know, I got in trouble a lot for hyperactivity. It’s gotten a little better as an adult, but now it kind of manifests as like, really aggressive driving and impatience and impulsivity. And during zoom talks, I noticed that minds. The only square that’s like constantly moving, so yeah, so yes. Very much. I’m very much combined, like almost equally with inattentive and hyperactive. Yeah,

Katy Weber 05:31

that was that took a lot. I mean, that was also mind blowing for me, thinking about all of the ways in which my hyperactivity manifests itself right that I had never attributed to ever activity like being really quick to rage, the emotional regulation issue a road rage, standing in line, the impulsivity, like all of that falls under the age, but I think so many of us think of little boys who can’t sell and dismiss it all. But like I have yet to interview a woman for this podcast who didn’t have the hyperactivity element just in the way she thought and got exciting and you know, like the talking part and then apologizing for rambling and all of that, like I’m like, yo, you are hyperactive, please.
Sydni Rubio 06:12
Yep, exactly.

Katy Weber 06:14
Yeah. All right. So now let’s look back at you know, once you were diagnosed, I mean, you were also going through a lot in your life at that point, because you would have already had a like a one year old, right? Or How old was your son? Yeah, he

Sydni Rubio 06:27
was he would have been I guess he would have been two so he was born in March 2016. And I was diagnosed in June 2018. So he was two years old and I was one semester away from graduating. So what Wait, what was the What was the question?

Katy Weber 06:43
Just you had a lot on your plate like Yes, for sure. Right so and you know and I think back like there were so many times in my own life you know, I was diagnosed with depression and anxiety from high school on and was on a various cocktail of antidepressants and then I had postpartum depression and postpartum anxiety and then and now it’s like the big now it’s basically perimenopause the giant question mark of hormones all the time following that way I go so you know and I just anytime I think about a woman who has like a child under the age of three or four I just want to give her a hug because I remember how horrible or just how it wasn’t horrible It was lovely but it was just so difficult You know, it was a lot It was a lot It is a lot and I can’t eat I mean I part of me thinks like what would an ADHD diagnosis have helped during that time? Yes, absolutely. But at the same time like what do with that information when you still aren’t getting you know aren’t sleeping at night or you know, like you’re when you have that level? When you’re just you know, your cup is like always full and and you’re just getting jostled over and over and over again I’m overflowing everywhere All right, let me get back I again I don’t I initially was asking the question of like looking back at your life you talked a little bit about being a kid you know what are some of the things in your past where you think oh my god the signs were there all along? How did nobody See this?

Sydni Rubio 08:13
Um, so something I’ve I’ve I’ve seen and heard and you know read a lot about on social media when I when I put my tweets out there and stuff is everyone can relate to when I talk about how my teachers would always be like, Sydney has great potential. But she doesn’t listen, she talks a lot her desk is an organized like that in itself. Like my mother should have been like, okay, let’s you know, instead of instead of exploring that she was more of a, you know, she was very much a disciplinary person. So I would get in trouble if my teacher called and said, Sydney’s Deus is an organizer she forgot her homework again, or she didn’t do her homework. Like so it was stuff like that, that when I look back, it kind of makes me angry that she didn’t because my dad I my dad was like my parents were married when I was a little kid. But my dad was in the army and I’m pretty sure I got my ADHD from him. So my dad wasn’t really home a lot but so my mom was in charge of all the discipline stuff so first of all, all of that everything that teacher would say about you know, I have potential but and you know, and then how at home I would get really, really angry and still looking back on like, when I got older, like when I was a teenager, I you know, the emotional dysregulation aspect of it. Like I would just get really into my feelings when I was angry about something that I didn’t
need to be that angry about. But that all just kind of like built up and up and up. And then finally, it was like I told you when I was sitting in chemistry class, and I’m just staring off into space when I really wanted to be in there and paying attention. So just like a lifetime of frustrations, basically. But it started as long as I can remember.

Katy Weber 10:06
Yeah, I know. I mean, I have a really hard time. You know, obviously, my parents did what they could, you know, and so I don’t have a lot of anger toward them. But there are moments where I’m just like, white, nobody get me a fucking tutor, like, how, like I had, you know, because for me, like, I had the same experience, which was just like, my grades went off a cliff, around Middle School. And so whether that’s hormones, whether that was structure and independence, or, you know, expectations, all of the above, I don’t know, but I just sort of felt like, my mother took the the, she took the point of view, which is like, well, not everybody can be a straight A student, and that’s fine. And she really wanted me to feel like I was still had worth without getting the grades. But like, no, but you know, there was a part of me that even then felt like I had an undiagnosed learning disorder. And, and yet still, I never thought like, maybe I should have some help, or some tutor like, it was like, not occur to anybody that I could have had some help, you know, and that’s one of the things I really grapple with now, which is like, as a parent, what am I not seeing with my kids, you know, that, like, 30 years, they’re gonna look back and be like, why did you how did you allow this to happen and be big, like, I don’t know, I miss a lot of stuff I tend to miss.

Sydni Rubio 11:28
I feel like I’ve become very hyper vigilant as a parent with ADHD. And I see a lot of signs, you know, I don’t want to just be quick to diagnose my son, of course, he’s only five. But, you know, I, I’m more patient with him. I feel like then my mother was patient with me. So I’m trying my best when it comes to parenting and looking out and, you know, encouraging instead of disciplining for behaviors that might be related to, you know, like a neurodevelopmental or a neuro neurological disorder.

Katy Weber 12:00
Yeah, yeah. Unfortunately, my mom has passed away before I was even diagnosed, because I feel like there’s so much I want to go back and talk to her about what’s it like talking to your parents about your diagnosis? Do they feel it? Did they feel like oh, yeah, that makes sense.

Sydni Rubio 12:15
Well, my dad, the he lives over in the Netherlands. He’ll actually be here this weekend. But I’ve sent him a few things like, Hey, I’m pretty sure you’re ADHD because I have ADHD. And he’s like, hmm, then he started to kind of suspect it a little bit. You know, he’s in his early 50s. I don’t talk to my mom anymore. She walked out of my life, like four or four years ago, so there’s all there was always kind of turbulence there. And just one thing led to another with her new husband, and we don’t, we’re not on speaking terms anymore.

Katy Weber 12:47
Gotcha. Yeah, I feel like I have managed, I feel like I’m slowly converting a bunch of people.
Yeah. Through my own openness. And, and it's interesting, too, because I feel like, you know, I'm sure you'll relate to this. Like, there's this sense of advocacy that a lot of us experience around ADHD, this feeling of, like, if I can save one person from going through the experience that I went through, it will have made it all worth it. Right.

Exactly. That's, that's exactly why I started doing what I'm doing. Like, I remember that feeling of realizing this is what I have. This is me, I like it was just an amazing discovery. And I felt like, you know, yeah, I have ADHD, like, sometimes it is a struggle. But it was just nice to know, to understand why I was the way that I was. And I did the things I did. And I want to make other people feel that way as much as I can. Like, I want to give that to anybody that I can that has ADHD. I know.

same right. And I feel like it is so misunderstood, especially by medical professionals. And I'll probably get flack for this. But like, I had a really great experience with my diagnosis. I can't believe some of the nightmare stories I have heard from some women who are negated by medical professionals or even your experience, you know, I don't believe it is or people grow it or like all of this, like outdated information. And then, you know, I think about how many women have read the literature have felt more seen by it by ADHD than they felt by anything else in their life, you know, and then go to a doctor and have the experience where the doctor is like, now I think it's just it's just depression, you know, are your hormones, right? Exactly? Like No, it's just, you know, Quit complaining and just get your act together. Exactly. And again, so I feel like it's so important to kind of disseminate this information, but also, you know, widen the net to such a degree in terms of like our shared experiences and our shared stories of being like Yeah, actually, road rage has to do with ADHD and impulsive shopping has to do with ADHD and anxiety and rumination over conversations is ADHD. And I like all of these Things that fall under the umbrella that people don't understand or realize, and they're certainly not going to get from, you know, medical texts or studies.

Mm hmm, exactly. That's why I like that's why I really like, you know, how many people are doing what me and you are doing because, you know, you read all these medical studies, I'm very big into, like, I love reading about science. But when you read about ADHD, they're like, from a cohort of 12, nine year old boys from New Hampshire, it's like, Okay, can we talk about, you know, the single mother, the, the, the teenage girl, you know, like, not just these little boys that have it. So like, when you read about ADHD, it's very specific to these little boys. And that's why I like you know, putting out the surveys that I put out on Twitter, because I'm including everybody, I'm including the trans and non binary communities, you know. I'm not just looking at a small cohort of nine year old to 10 year old boys that have ADHD. So I like doing this because it lets other people see what everyone's experiences. And I like to stress that everyone's experience with ADHD is going to be different. But it's nice to see that you know, someone out there you're going to relate to, they may not relate to the medical literature, but they may relate to this other person that's talking about their experience. And that is so important to me.
Katy Weber  16:23

Yeah, you know, I interviewed Danielle might have who was a scientist, and she said something really interesting that I hadn’t thought about, which is like the difference between science brain, the scientist brain and the medical professional brain, where she was like, scientists are looking for answers, right? They are seekers, they’re always, you know, their mo was always like, but why, but why is this happening? What is the source but what? And she was like a medical professional is like interested in like, what is the quickest way to fix this? Right, exactly. And how do we make this go away? And so I’m like, I think about that all the time. Now, in terms of that, like, you know, who is the person that we are seeking help from? Are they a person who is willing to kind of go down those rabbit holes and figure out why, why is this happening and really kind of listen to the symptoms and wanting to solve the puzzle along with us? Or are they somebody who’s like, how can we make this go away as fast as possible?

Sydni Rubio  20:00

Okay, this is going to be a side note but it might be relevant. So I’m kind of dealing with something similar, but with reproductive health so I’m not sure if you knew but this past year I’ve had two miscarriages and I am pretty sure that you know, since the age of 14 when I started menstruating, I have known that I’ve had endometriosis and my mother had this and you know every month I’m in pain and it’s gotten worse since my miscarriages like I’m in excruciating severe pain and I’ve told doctors this my whole life I’m like I think I have endometriosis it hurts it hurts and every single doctor is like no it’s probably just period cramps like they don’t they don’t look for it they don’t test for it. And I’m finding that that’s just seems to be the medical fields like you know no hate on doctors like there are some really great ones out there. But sometimes doctors will look at women specifically and be like yeah No, I think you’re just you know exaggerating a little bit you know you’re you’re going to be fine so I have had to schedule appointments with specialists and my my appointment that scheduled for my endometriosis consultation to try to get a laparoscopy and surgery and get it all out of there is in April. Like that is how hard it is to get heard by a doctor when you’re a woman.

Katy Weber  21:29

Oh yeah. Well and then you think about the ADHD element too in terms of the amount of barriers that we experience even just making the appointments you know, like making the phone calls and like the executive function that is required and like remembering to follow up and advocate for yourself and to put your symptoms even being able to articulate symptoms into words and then remembering in the moment what those are like, it just feels like there are so many overwhelming barriers to getting help and the irony is not lost on any of us in terms of like when you have ADHD you know how it just the system has set it up so that it is virtually impossible.

Sydni Rubio  22:08

Yes, and not just the making appointments, but like remembering to fill your prescriptions if you’re on medication like it’s it’s ironic, you know, like everything that’s required to get yourself diagnosed and continue to treat yourself is is a struggle daily.

Katy Weber  22:22

I mean, I feel like I should backpedal and say I’m not anti medical professional by any means. They certainly serve serve a purpose. But I think it’s an interesting kind of way to think about like the different brains and how they
approach problems. Oh, yeah. And like you it should be a red flag. If you're in a doctor's office, and you're explaining something and the doctor is just like, No, I don't think that's it. That should be a red flag in itself, right? As opposed to like, tell me more. Why do you feel this way? You know, like, I feel like we are so quickly lose that sense of empowerment when we're sitting in a doctor's office. And it's really, when you know, in the moment right now when I'm thinking about it, I'm not in a doctor's office. I'm like, God, these are all these things that we should be doing when I'm sitting in a doctor's office. I'm like, I'm totally Tongue Tied and like okay, whatever you want. Oh, you're ushering me out now. Okay, goodbye. Like all of it. It just feels tragic to me sometimes. Yeah, I have had some I have had nurse practitioners who have been fantastic in terms of like, you know, listening and really like I don't think I think you can have that questioning mindset and still be a medical professional. Yeah, to say it's like a sweeping generalization but I do feel like I just feel so upset. How many stories I have heard about women who have been basically told no, I think you're wrong sorry. I think it's x y and you're like wow, I've just you know, the more I read and the more I researched like you said like, the more I know this is what it is like I feel it in my bones and I think we're just kind of taught over time to stop listening to that intuitive voice.

Sydni Rubio 23:59
Yeah, exactly. Because I was just about to say you know where it's devastating you know, you put that much effort into learning about something that you think that you have, you know, you read everything that you can you spend hours and hours you know, making lists and being like okay, maybe this is what I have and you just want answers and you make the phone call which is really hard for us to do you go in and sit in the waiting room which is hard for us to do. And you sit there and you open up and tell a stranger about things and you feel like you're complaining but you're you're trying to get answers. And then when they say yeah, no, no, probably not like that. Just it it kills like the momentum and like you said, it just just ruins any future, you know, hope of you actually advocating for yourself and I, I just really want to be able to encourage women especially to continue to try to advocate for themselves and I think that what you're doing is is going to definitely help with that.

Katy Weber 25:00
Yeah, I mean, that's I think, well, you too, I mean, let's This seems like a good segue to talk about what in the ADHD and your videos and what you started because it hasn't been that long, right? It's only been basically since since about the

Sydni Rubio 25:18
beginning ish of the year, I really started getting a little I made the account in December, but I was I became more active. In January, it started really picking up steam in May. And I after I had my miscarriages, I was like, Alright, I am not going to be able to defend because I'm supposed to I'm currently a master's student, I'm supposed to defend my thesis and microbiology and genetics was supposed to be on July 21. But my second miscarriage was on my birthday on July 7, and I'm like, Alright, I need a break. And I'm realizing that working helps, and I love doing this as work. So I, you know, put something out there. I'm like, if anybody wants to help me with, you know, I love making videos, I really love science. So all my videos and all my blog posts, and everything is based on science, I explain it in a simple way I have I have teaching experience from when I was a TA. So I feel like, I have strength in explaining kind of complex ideas in in a way for anyone to understand. And I can't do this by myself, like, it's so difficult, like, you know, you know, you, you, you, you record, you have to edit, you have to go through and you know put in like long descriptions for things, you have to write blog posts like it, it takes a while, like recording and editing a video or podcast, like it can take hours and hours. So I need help. And I put a couple of tweets out there. And now I have like a whole mini team of people that like I have a personal assistant who helps me with things. And I have a graphic designer and we have like a new data guy who runs statistical analyses on all my surveys. But together, we're all just working to normalize
discussion about ADHD, and ADHD comorbidities and symptoms that maybe people didn't know about. But then I also like to sprinkle in fun things every once in a while, like Tell me what it's like having ADHD but using only gifts with that, so I just, I like to sprinkle in, you know, kind of different aspects of first that that anyone could enjoy. Hopefully, you know, hopefully people can find one thing they like about what we do. And hopefully that can help them you know, open up to a medical professional about getting diagnosed, I've actually had lots of people send me a message privately and say thank you so much for doing what you do. And I'm going in I called I made the appointment I'm going into get my diagnosis today. Thank you so much like that means so much to me. And that's why I continue to do what I do and talk about the science and normalize it and be goofy altogether.

Katy Weber 27:58
That reminds me I've had a couple I've had I've interviewed quite a few women now since my podcast has been out for a while who were listeners of the podcast to kind of talk about how their own understanding of their own ADHD through listening to the podcast, which has been nice, but I've had like two guests who actually, like realized they had ADHD through me.

Sydni Rubio 28:22
Hmm, is in this amazing right is I feel like I'm like the

Katy Weber 28:24
ADHD midwife. You know? It is it It is amazing, because it really feels like yeah, like I said, like it just it feels so good to help others, I do sometimes get overwhelmed by people reaching out and wanting a lot from me. Oh, I really like that, you know, getting the same questions over and over again. So I'm like trying to automate like, Where do I put the resources so that I can just send people to this one place instead of cutting and pasting the same messages over and over again? Or, you know, or then sometimes I'm like, oh, somebody emailed me and it fell through the cracks. And then I forgot to email the back. And then I felt terrible about it. Like, I'm like, there's all of these other side elements that I'm struggling with. Oh, yeah,

Sydni Rubio 29:08
I agree. Like, you know, you want to help people, you gain popularity. But then the problem is you also have ADHD. So keeping up with keeping up with emails, keeping up with messages and requests to come on and talk about stuff like it can be overwhelming. And that's definitely where my personal assistant comes in handy. Like she's, she does all of that for me. And I feel better now because I would feel terrible. Like he said about seeing that I had a message request from four weeks ago. And I'm like, Oh, my God, I can't believe I'm so sorry.

Katy Weber 29:36
Yeah, I know, right? Yeah, like even I think asking for help is a topic that I've spoken with a lot of guests about, you know how hard it is for us to ask for help and how important it is to get help. You know how, yes, I think that was an early realization for me like how I really should not expect to be doing everything on my own and like why do we assume we can do it thing on our own I mean I think it's for a lot of reasons but I think I think for the most part like it's really difficult to stop yourself especially if you're in the middle of a hyper focus to sort of stop and then articulate
and think about Okay, so what do I need help with? What can I do myself? How do I balance the help I do get and then how do I ask them for the help? What How do I even articulate the help to the other person and then what happens if they do it wrong? Then I have to deal with the like RSD of correcting them and then worrying about their feelings. There are so many ways in which it's easier to be like You know what, I'm just going to do it myself and I'll stay up for 24 hours straight.

Sydni Rubio  30:35
Yes, I feel like he said about the hydrophobia is like something I have had to really work on I'm still working on it is you know stopping myself being like okay, and recognizing when I'm hyper focusing on something and really asking myself okay, why am I doing this exact task right now? Is there an easier way to do it? You know, like, can I break it up like I need to start getting better at doing that because sometimes I will spend like eight hours sitting in the same position working on the same thing because if I get up I'll distract me and and I know that so I just sit here but I need to get better at it because it's unhealthy. You know, I've had I've started getting really bad nerve pain because I sit in hyperfocus for such a long time.

Katy Weber  31:16
No, I hear you. I love your graphic elements. I love the humor and your videos, especially I love the fact that you think to add in, like bloopers in your video or just I don't know the way that you edit your videos is very refreshing and very amusing and I really appreciate it.

Sydni Rubio  34:31
Yeah, I try not to be I try not to be there's a lot of ADHD advocates out there which I don't want to diss them or anything like I appreciate every single one of them. It's a hard job to do. But I try not to be too toxically positive if that makes sense. Like I try not to be like ADHD is your superpower we can do it. It makes me amazing. Like you know that's like yeah, there are some good aspects but but let's talk about that. Like the struggles and let's talk about what's happening inside of our brain that makes it that way and what we can do to combat it and cope with it, you know, like I, I try to stay away from too much of the, you know, positivity stuff, if that makes me sound terribly negative, but

Katy Weber  35:15
no, absolutely I'm the same way I feel like you know, I think there are ways in which we credit and I certainly credit my ADHD for most of the great things I've done in my life. But at the same time, yeah, like, I don't feel like it serves anybody to ignore what life and especially life on diagnosed can be, you know, like, any struggles we have faced, and we're sure, and even when you do know about your ADHD, even when you are diagnosed, there's a whole host of other issues. And I yeah, it doesn't serve anybody to to focus entirely on the superpower element. Just like it doesn't serve you to only talk about how it's a disorder or a disability and talk about it like it's a terminal illness because I don't think I don't think that serves us either. So yeah, it feels like it's incredibly nuanced and written needs, you know, a much what's the word? I'm looking for a myopic, less myopic. Look, I don't know what I'm trying to say, a well rounded Sorry, I'm making like a circular motion picture. The whole picture,
something I have problems. I will, like if I can't figure out how I want to word something. I will spend about 30 minutes on Google like, What's another way to say and then I typed it in and then I'm like, looking at the origins of all these words and phrases. And then I realized like, wait, what am I doing? I need to go back and

Katy Weber 36:42
I know this, the thesaurus is my best friend.

Sydni Rubio 36:45
Yes, that is my favorite thing in the world. Yeah, right.

Katy Weber 36:50
So you know, speaking of ABR, ADHD, oh, that was what my point when I was talking about your graphics and like your, the fun of your videos and the pen of your name and everything. Like I love that. And I also kind of assume that that all came from your brain, right? Like so I love when I come upon somebody and I just see like, all the different creative elements where you're like, I am a scientist but I also like, I'm a whiz at graphic design.

Sydni Rubio 37:19
Like, hyper focus on hobbies. I'm like, I'm, I'm, I'm kind of good at a lot of things, but I'm not really good at anything.

Katy Weber 37:26
Right? Exactly. I know that's my new my new approach to feeling good about hobbies. And the fact that I never finished anything is that like, my favorite hobby is trying new things. I refuse to get angry at myself because I don't finish anything. You know, I've just like to look at it. I'm just like, no, my hobby is like moving flitting from one thing to another and discovering new things with childlike enthusiasm and then dropping them when they get boring. And that's fine. Like it's I think, right? Like I think a lot of my own journey with ADHD has been kind of changing that narrative changing that the way we define ourselves and changing like, you know, having a sense of humor about some of those struggles that we are going through and also feeling like yeah, it's really not the end of the world if your house is dirty like it you know, are you doing things because you need to do them and you feel like you should do them and you feel like it'd be judged by society if you don't do them or are you doing them because they suit you and you found the motivation and you found the The reason you know, and we really need good reasons to do things it doesn't work well if we feel like we should do things. And so you know, cleaning your house is important, but again, it's all about like figuring out taking away the kind of moral charge of like I am a bad person because I don't do X or Y

Sydni Rubio 38:48
and that's this is a whole rant that I could go on for days but the whole aspect of when we think of something you know, when we think of something that we do, or one of our behaviors as bad or lazy like that is because that's how society labels us not because that's what we are you know, we just require a different different materials and
things to actually be able to function at the same level as neurotypicals in our society. And you know, our society's kind of like they have made us believe throughout our lives that we are lazy and when we you know when we want to do something but we literally cannot like oh well you must not you know care enough, you know, we do it's just there's that executive dysfunction. And yes, I like I said whole rant, but I agree that you know, relabeling some of the things that you do, you know, not in a toxic positive way but, but not in the toxically negative way that came from society either,

Katy Weber  39:52

right? Yeah. And then, you know, most of our childhood being told like we weren't reaching our potential. Exactly you told there was something wrong with us or fix it or just do it or all of these things that made us sort of constantly internalize the sense of like, I'm doing it wrong. I'm, I don't know what's wrong, but I need to fix it, you know, and all of these ways that we've taken it on ourselves over the years. So what would you say you love most about your ADHD?

Sydni Rubio  42:03

I like that. I'm fun. I'm a fun mom. I actually just posted a video on Twitter this morning. I was in the drop offline with my son. And you know, I like the hyperactive element comes into play when I'm trying to make my son smile. And I was like seeing the I'm a gummy bear song and the peanut butter jelly time song and he's just sitting there like my mom. I don't know like, and I came up with fun things for us to do. I am always up for things that he asks about. Like last night, we were eating Nutella and pretzels. And he was like, are printables made out of bread? And I'm like, that is a great question. And then we watched YouTube videos on how like sandwich crackers are made and you know how they push the steam out through the holes in the cracker and like we learn a lot of things together because he’s curious and instead of me answering his why questions with because I answered them with? That's a great question. I don't know, let's find out like, and I feel like that has a lot to do with my ADHD because you know, I'm always like, like a scientist. I feel like ADHD brains are kind of like sciences. You know, we want to know why, why we have to Google things. We have to search for things. We have to learn about them. And I feel like that part of my ADHD makes me a fun, decent mother to my son.

Katy Weber  43:20

And you absolutely can't go to bed until you get the answer. Exactly.

Sydni Rubio  43:23

Yeah, we were up until like, 10:30. Last night. My husband's like, he has school tomorrow. And I'm like, okay,

Katy Weber  43:27

Sorry. Let's go. No, you're right. It's like I can't watch a show without IMDb or like in the background, because I'm like, I know that guy from somewhere. Where do I know that guy from? Sorry, I have to know. And like, I can't concentrate on the show until I figured it all out. And but it's true. That's a great point. Like I think it is the science mind. But I think a lot of us with ADHD have that science mind that mindset of like, you know, I always joke about like, you'll ask
somebody what their favorite color is. And somebody will say green, you ask somebody with ADHD with their favorite colors? And they'll be like, I don't know, I think it's green. But why do I like green? What is it about green? Which green? Do I like? What even is green?

Sydni Rubio 44:02
It was purple last week? Why did it change? Like what what happened in my life?

Katy Weber 44:06
What does it say about me that I like this color? Yeah. So. But yeah, it's a good point with parenting because I feel like one of my favorite things to do as a parent is to say, let's Google that right? Like, yeah, I don't know anything. I get excited because it's a chance for us both to learn and like even doing projects, like I remember my daughter had to do a huge project in the third grade on Singapore. And it was like the first experience I had had as a parent on like, how much fun it is to do these projects now as a parent, as opposed to be how miserable they were as a student. Right, right. But just be like, holy crap, I learned so much about this random information. Those are my favorite books to or random fact books.

Sydni Rubio 44:48
Yes, we laugh. Random funny side story. The other night he wanted to read a book that my grandmother helped him. She's from Arizona, about Hilo monsters. And he's like, I want to read this book I like okay, so it's right before bedtime, we're getting all snuggly and it was one of those fun fact books. And I'm like, okay, Which part do you want to read about? And he's like, I want to read about their meals, like what they eat. I'm like, okay, so I flip to that page. It starts out nice, but then it gets to the healer monster penetrates its victims with its fangs. As the poison slowly seeps into it, and paralyzes it, and I'm like, Oh my god, this is terrible. He's like, No, Mom, I keep reading I want to know. So yeah, like a lot of those fun facts, things like I don't know, I wouldn't have known anything about Beetlejuice, the giant star black holes, because my son asked questions and I'm like, let's learn about it. You know, so that makes me You know, I'm learning more. And I feel like I'm a fun, you know, teaching parent with my son, if,

Katy Weber 45:52
Yeah, I find that as I age too. And I guess this is also an estrogen memory perimenopause thing, but like 90% of the time, I don't retain any of that information, either, which is a little frustrating. Like I, my mind is like a sieve now. And I'm still fascinated by all of those facts, but like, I can't hold on to anything in the way I used to. Yeah,

Sydni Rubio 46:14
I could see that. And random side fact, I plan I plan on doing a video about this at one point at some point, because I've learned a lot about after, you know, after after my miscarriages, I've, I've learned a lot about hormones, and like progesterone and estrogen and estradiol, or a strip extra dial one of those two. And estrogen actually has a lot to do with how our ADHD affects us with the estrogen receptors in your brain and how they fluctuate does for different times of the month, like different levels of estrogen can definitely you know, exacerbate your ADHD symptoms. And I want to do a whole video and blog on it at some point. So look out for that.
Katy Weber  46:57
I will if you know, it is something that I get really invested in and really interested in, and then I kind of hit a wall where I'm like, Oh my god, it's too overwhelming. Nobody has any answers. There's too many factors. And too many things at play, and we're just never gonna know. And then I'm, you know, and then I'm like, you know, we'll fall down a rabbit hole A few weeks later again, it is it is. Yeah, again, like I'm like, and then you bring in like the idea of the gut blame, right? And then you think about, like, all of these revelations are having about Yes, hormones that are created in the gut now and I'm like, Oh, come on, like, why is it so complicated?

Sydni Rubio  47:33
And that's, that's, that's kind of my goal with with the contents that I'm going to be putting out because I've recently, I actually just did last week, I or a week or two ago, I did the paperwork. I'm going to be an official LLC for what ADHD? So like, I'm going to do this full time. And way, way, way, way. Pause. Wait, what were we talking about? Right before that? I got sidetracked.

Katy Weber  47:55
We were talking about kind of, you know, the overwhelming amount of information out there.

Sydni Rubio  48:00
Yes, yes, yes. Okay. So that's what I want to do with my content is, there's information on this website about x, there's information on this blog about why there's information on this video about z. And I want to combine all of them into like a basic, simple, you know, just chunk of information so that people don't have to, like, look up different things. Because I know how that goes, you're like, Okay, well, I read something about this here. But then you get distracted on the way over when you go to Google and you see your recent searches. It's a mess. But I want to combine all of that for everybody.

Katy Weber  48:30
Yeah, absolutely. I like that. I think it was in your about section on your website where you were saying like, you know, that you're aware of how inaccessible so much of this language can feel to so many of us if we don't have the proper background that led us to that point, you know, like I think there's moments in time where things land very differently based on how much other information you have at the time. And so yeah, I love the fact that you know, anyone, anyone who can bring in a level of expertise in terms of making this information more palatable is fantastic. And I think also goes back to that, like that advocacy piece, which is like how empathetic you feel toward others who have been struggling and had no idea that that it could be this right No speaking of the inaccessibility of language, what would you would you rename ADHD to something else? Do you feel like it's a problematic acronym? Or do you feel like knowing what you know now that it's actually pretty accurate?

Sydni Rubio  51:34
I do. I don't like the name for several reasons, but like a big part of it is you know, there's the three subtypes of ADHD there's predominantly inattentive, hyperactive impulsive, and there's combined type. But now you know, they did away with a DD and they're like, Okay, well, you have ADHD, and people think, Well, I'm not hyperactive. And while I
have gone into you know, depths, explaining that you can be internally hyperactive, instead of physically hyperactive, people still don’t like that word. And it’s not an attention deficit, also, like we have too much attention, we just can’t regulate it. So I feel like it should be named something along the lines of like attention dysregulation syndrome or something like, you know, we have all the attention, we just don’t have the dopamine to regulate where the attention needs to go.

Katy Weber  52:24

Yeah, absolutely. And even the term disorder, I think, can be a barrier for a lot of people too. I think that kind of medicalized is what I’m starting to think more, you know, I feel like, for me, personally, it’s far more it’s easier for me to think about ADHD as in terms of like, a neuro type of brain that you’re born with, right and, and sort of dictates how you move through the world. And so again, like, I think that calling it a disorder really feels like it does it a disservice. Because then you’re kind of thinking of it in terms of like, a medical diagnosis, like, like, I remember, like, even when I came out and said, I was diagnosed with ADHD, there were so many people in my life who were like, I’m so sorry, as though I had come out and said I had cancer. And I was like, No, actually, this is the greatest thing. Exactly. Yeah. This explains so much. And it’s a regulatory and you know, I think that there’s ways in which it’s presented as this like horrible thing that needs to be tamed and cured through the medication, you’re like, no, that’s not how it is at all, you know, nevermind, you know, what, just forget, I’m just not going to talk to you about it anymore. Right. And so it’s that feeling of like, there’s just so much about the, the, the acronym and the and I think the diagnosis journey that misrepresents what it is and what people are experiencing, and then it also how to live with it and how to, quote unquote, treat it, you know, even treating it. I feel like I need to put quotation marks around that. Because again, it’s like, it’s mostly like, how can I? How can I, you know, lean into my strengths and set myself up for success? It’s not necessarily like, what are the ways in which I’m going to cure myself of this?

Sydni Rubio  54:11

Right? For sure.

Katy Weber  54:13

Ah, yeah, I know, I sometimes I feel like it’s unfair to ask that question, because I certainly don’t have the answer to that. But I’m also just like, endlessly seeking, like, maybe there is maybe there’s going to be something because I don’t necessarily feel like vast is, is a great alternative. And I also like impossible to Google.

Sydni Rubio  54:33

Yeah, I don’t like I don’t like the word trait, because it’s not a trait. It’s a it’s a, it’s a whole collection of traits and behaviors and habits. And I liked what you said about neuro type. But I still feel like while I don’t like the word disorder, I feel like it still needs to be associated with for some people, it can be a disability, you know, and, and we want to make sure that if it does change in the future, we want them Make sure that we keep that in there because some people really benefit from the accommodations that they have for their ADHD. And if we were to take away that aspect of it, they might take away the aspect of helping us too.

Katy Weber  55:13

Yeah, that’s a really good point, I think, yeah, there needs to be some element to the seriousness of the, the, I guess
the disorder where you know, where it’s like you there has to be a way to kind of, I guess, protect against that mentality of like, Oh, it’s over diagnosed, or everyone’s a little ADHD or that ADHD is sort of like a flighty ness that, that there is some real struggle in some real hurt and help is required. And yeah, now it’s true. It’s true. I don’t know.

Sydni Rubio  55:44
We don’t know. That’s, that’s why we are who we are.

Katy Weber  55:47
But I will not rest until I find the answers. Exactly. So congratulations on doing this full time. That’s super exciting. And I’m sure a very interesting journey, too. So So we’ve talked a bit about what is what isn’t the ADHD? Like, how would you say? How do you describe it to people? And also, I wanted to ask you about the surveys on Twitter, are you doing anything with that information? Are you are you creating a database? Or what’s going on with that?

Sydni Rubio  56:18
Yeah, so all the surveys are, it started with I know, I’ve referenced this a lot. But you know, I, I actually got a lot out of what I tried to do with advocacy for when I had my first miscarriage, I was going to create an NPO for that long story short, the board members couldn’t because they had a lot going on with their life. So I just donated all that money to another charity. But I did surveys with that. And I learned that people like to you know, talk about their experiences, especially anonymously, so I was like, Huh, so I tweeted one day I’m like, Hey, would you guys like if I just did surveys and at first I would cap it at 100 because I didn’t know how sheets worked. But now I know how to like actually filter things and it’s it’s fun. But I what I do at the surveys is I pick a topic and it’s actually very difficult coming up with you know, questions and options for those questions. And making sure all of those questions we actually put out useful and interesting information as a whole and then what the you’re doing with them now is I have it takes a long time to analyze them but once I do I make charts and I’m slowly putting them I have my personality types and I’m just started working on comorbidities yesterday and I put them all on my website so there’s a tab on my website that says surveys and stats you click on it and then you can pick any of the topics and then view and read about what the results were and then my brand as a whole No, I just just want to want to do two things with two different communities with the ADHD community I want you to know help everyone see that they’re not alone that is my big motto for the ADHD community you know you’re not alone what you’re dealing with is very common I know the neurotypicals in your life may roll their eyes at you may say that you’re not XYZ may say that you’re lazy they may that you don’t say that you don’t have ADHD but I want to open up a community and I feel like I’m doing pretty well with that so far where people see that what they’re dealing with is it’s common for us you know not neurotypicals but for us and for the neurotypicals I want to you know show them you know we’re not just OMG squirrel like that’s not what ADHD is you know we we struggle with different things we struggle with time management with starting tasks with continuing tasks with motivation you know, we with the ADHD paralysis, we want to do things but we cannot start the task you know, so I want to educate the neurotypicals and I try to do that by making all of my information accessible and fun you know, like try to hold everyone’s attention and I want to make everybody in my community feel like they’re seeing their heard they’re valid and they’re not alone.

Katy Weber  59:08
I love it well you’re doing a fantastic job and I love your videos where would you suggest somebody start out at at what ADHD calm like because I can I will link to your website but I also want to link to your Twitter and your YouTube is there so
Sydni Rubio  59:24
I have so I'm not doing Twitch streams anymore for now. But I have my website might be a good place to start to get different types of information because I blog up there and then there's links to all my other information up there but definitely also my YouTube I'm so close to being able to monetize on YouTube. I have over 2000 subscribers and I haven't like I'm a couple 100 watch hours away from being able to monetize which you know, like not I'm not all about the money but that will definitely help me to continue doing this full time. You know, if I'm making money doing it, then I can keep doing it so for sure.

Katy Weber  1:00:02
same I hope people like you know I'm starting to put commercials on my on my podcast and I'm like I hope people are fairly gracious about that stuff hopefully.

Sydni Rubio  1:00:10
they understand you know, like that everyone has to make money too there's some people that don't think that people like me and you deserve compensation like we're just entertainment and you know, I really. Also, I'm candid with it too. I'm like, you know, I've spent a lot of my own money with on equipment and everything, like you have a nice microphone there. I'm sure. I'm sure that wasn't cheap.

Katy Weber  1:00:29
So, you know,

Sydni Rubio  1:00:30
we want to try like we want to help but also like it doesn't hurt to at least break even with what we're putting into it.

Katy Weber  1:00:37
goodness, don't even get me started on all of the like barriers to entrepreneurialism. Yeah. Right. I have maybe I'll have you back

Sydni Rubio  1:00:46
for another, another another entrepreneur in a ADHD ism.

Katy Weber  1:00:51
I know right? And yet, I can't work for anyone else because I am who I am. Well, it's been so lovely. I've been really
I know right! And yet, I can't work for anyone else because I am who I am. Well, it's been so lovely. I've been really looking forward to getting to meet you and chat with you. And I love what you're doing and putting out there for the ADHD community and you do it with such humor and you're so likable and so thank you for everything you're doing.

Sydni Rubio 1:01.16

Thank you. Thank you for having me on and for, you know, doing what you're doing.