

ReFrame Weekly

Welcome to ReFrame Weekly

Hey there, and welcome to your brain's new favourite newsletter.

Each week in ReFrame Weekly, we bring you small but powerful ways to work with your ADHD brain—not against it. Whether you are building routines, breaking through stuckness, or chasing focus, our tools, stories, and strategies are designed to be digestible, doable, and dopamine-friendly.

No overwhelm. No pressure. Just real support that meets you where you are.

Let's ReFrame what productivity, focus, and progress look like—one brain-friendly step at a time.

A WEEKLY DOSE OF INSIGHT, STRATEGY & SUPPORT FROM ADHD CLINICS

NeuroMomentum

Build brain-friendly routines that stick

Momentum is not about willpower—it is about creating systems that your brain loves. This week, try anchoring a task you find difficult (like admin work or replying to emails) to something automatic, like your morning coffee. This pairing creates gentle nudges your brain can follow. [More on page -2]

Wired Differently

Shift stuckness into action

Feeling stuck? Use the "2-minute rule": commit to doing a task for just two minutes. This lowers resistance and activates your prefrontal cortex—the part that initiates forward movement. Often, starting is the hardest part. [More on page -3]

Scattered to Sharp

Tools to focus your attention

This week's tip: Try the "Body Double" technique. Work alongside someone—virtually or in person—while each person tackles their own task. This simple form of co-working can cut through procrastination and make solo tasks more manageable. [More on page -4]

The Dopamine Dispatch

This week's highlight is ADHD 2.0 by Dr. Edward Hallowell, an empowering guide to understanding and thriving with ADHD. One client used a colour-coded digital calendar to stay consistent and complete three major courses in six weeks. For focused work sessions, try the "Lo-Fi ADHD" playlist on Spotify. [More on page -5]

ReFrame ADHD Quiz of the week

One Question. One Insight. One £5 Voucher?!

One correct entry wins a £5 Amazon voucher (drawn at random if there are multiple winners).

Which strategy helps ADHD brains build momentum by linking a new task to an existing habit?

- A) The Body Double technique
- B) The 2-minute rule
- C) Habit anchoring
- D) Visual timers

 Email your answer to **info@adhd-clinics.co.uk**

NeuroMomentum


Build brain-friendly routines that stick

Momentum is not just about willpower—especially with ADHD. It is about designing routines that work with your brain, not against it.

Try this:

Take a task you often put off (like replying to emails or sorting paperwork) and link it to something you already do without thinking—like your morning coffee, brushing your teeth, or feeding your pet. This is called habit anchoring, and it gives your brain a gentle cue:

“When I do X, I start Y.”

 Example:

“When I make coffee, I’ll open my inbox and answer just one email.”

That one email often leads to two or three, but even if it doesn’t—you’ve succeeded.

Why it helps:

- Reduces the pressure of starting from scratch
- Builds consistency without needing big bursts of motivation
- Gives your brain a “cue” it can latch onto

⚡ Wired Differently

Shift stuckness into action

Feeling stuck? That is not laziness—it is a brain thing. ADHD brains can struggle with task initiation, especially when something feels boring, overwhelming, or unclear.

🕒 Try the 2-minute rule:

Commit to doing the task for just two minutes. That is it.

- Open the document.
- Write one sentence.
- Fold one shirt.
- Walk for two minutes.

Once you start, your prefrontal cortex (the part of the brain that helps with planning and momentum) lights up. Starting becomes movement. And movement creates motivation—not the other way around.

Why it works:




- Lowers the pressure of perfectionism
- Avoids the “all-or-nothing” trap
- Turns thinking into doing

ADHD ReFrame:

Starting small is not “cheating.” It is a smart strategy. You are working with your brain’s wiring, not against it. Two minutes is often all you need to get rolling.

Scattered to Sharp

Tools to focus your attention

  +   =  Focus

This week's tool: the Body Double technique.

Work alongside someone—virtually or in person—while each of you focuses on your own task. You do not even have to talk much. Just knowing someone else is “there” creates a gentle structure that ADHD brains thrive on.

How to try it:

- Join a virtual co-working space or body doubling group (many are ADHD-friendly)
- Set up a “focus call” with a friend—video on, mics off
- Invite a housemate or partner to sit nearby while you both do your own thing

 Even 20–30 minutes can break through the fog.


Why it works:


- Provides light accountability
- Reduces the urge to drift or switch tasks
- Taps into social motivation—a natural dopamine boost


ADHD ReFrame:

Need someone nearby to stay on track? That is not a weakness—it is a creative workaround. You are building the conditions your brain needs to succeed.

The Dopamine Dispatch

 **Book of the week:** “ADHD 2.0” by Dr. Edward Hallowell — a refreshingly empowering read.

 **Patient win:** One of our patients started using a colour-coded Google Calendar + timed reminders. After months of struggling to stay on track, they finally locked into a routine—and completed a major course revision in just six weeks.

 **Audio boost:** Try the “Lo-Fi ADHD” playlist on Spotify—gentle beats, low stimulation, and just enough rhythm to keep your brain engaged without overwhelm. Great for study, admin, or tidying marathons.

ADHD ReFrame: Dopamine is not just about reward—it is about readiness. These micro-tools help prime your brain to get started, stick with it, and feel good along the way.

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Stay supported. Stay strategic. Stay you.

From all of us at ADHD Clinics – see you next week!