




ADHD CLINICS

ReFrame Weekly

Edition 15 08/09/2025

A Newsletter for ADHD Brains That Think Differently

 Welcome back!

You are part of a growing ADHD community. ReFrame Weekly is here to help you build momentum, manage focus, and feel understood—one doable strategy at a time.

This edition focuses on making transitions smoother, tasks more visible, and habits more brain-friendly. Simple shifts can help build consistency and reduce mental effort.

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

NeuroMomentum

Link rewards to routines—make boring tasks more brain-friendly.

(More on page 4)

Wired Differently

“Time optimism” in ADHD—why we think things take 5 minutes.

(More on page 4)

Scattered to Sharp

Visual task batching—grouping tasks by theme to cut chaos.

(More on page 5)

The Dopamine Dispatch

Book of the week: The Mindfulness Prescription for Adult ADHD by Lidia Zylowska.

(More on page 5)

ADHD Clinic Services

How we support patients from assessment to ongoing care.

(More on page 6)

Quick Quiz

Which strategy helps ADHD brains manage underestimating how long tasks take?

(more on Page 6)

Share Your ADHD Wins or Tips

What is one thing that helped your ADHD brain thrive this week?

 Share it with us at **info@adhd-clinics.co.uk**

(Subject: “My ADHD Tip”)

We may feature you in a future edition—with your permission!

Clinician Spotlight

Dr Dheeraj Chaudhary

Consultant Forensic Psychiatrist,
ADHD Clinics.

Dr Dheeraj Chaudhary – Consultant Forensic Psychiatrist ADHD and Autism Specialist. He is an executive committee member of the Royal College of Psychiatrists RCPsych Neurodevelopmental Psychiatry, Special Interest Group NDPSIG. He offers a thoughtful, thorough, and holistic approach to his patients. He believes collaboration with the patients is a key for understanding and improvement in psychiatric disorders.

He offers tailor made solutions for ADHD assessment and treatment.

- ✓ Adult ADHD
- ✓ Adult Autism
- ✓ 16-18 ADHD
- ✓ 16-18 Autism
- ✓ Complex cases with co-occurring conditions



**“People with ADHD do not lack focus—they just need the right support to direct it.”
– Dr Chaudhary**

Appointments available at:

adhd-clinics.co.uk/appointments/

ADHD Assessment & Treatment Online Course

A practical training for professionals.

Designed for clinicians wanting to deepen their understanding of ADHD across the lifespan. Includes diagnosis, medication, therapy approaches, and real-world case discussions.

Full-Day ADHD Masterclass | Saturday, 22 November 2025.


 **Live online session | Programme TBC**


Join our full-day training course designed for psychiatrists, GPs, psychologists, and allied health professionals who want to enhance their skills in assessing and managing ADHD across settings.


What the course will include:


- Adult ADHD across the lifespan
- Diagnostic frameworks and pitfalls
- Medications and titration strategies
- Coaching, CBT, and skills training
- Managing ADHD with comorbidities
- Case examples with group discussion

 **Where:** Live Online via Zoom

 **When:** Saturday, 22 November 2025

 **Time:** 09:30 – 16:30 (UK time)

 **Offer:** 10% off with promo code: **ReFrameWeekly**

 **Book now:** adhd-clinics.co.uk/adhd-training-course-uk/

NeuroMomentum

Reward Your Routines

Pair a dull task with a dopamine reward—like listening to music while tidying, or a favourite snack after finishing emails. Linking rewards to effort keeps ADHD brains engaged.

Example: Ravi only allows himself his favourite podcast while doing laundry. Now laundry gets done every week.

Wired Differently

Time Optimism

ADHD brains often misjudge how long things take—“It will only take 5 minutes!” becomes 45. This “time optimism” leads to frustration and lateness.

Example: Aisha started timing routine tasks—showering, cooking, commuting. She learned her “5-minute” shower was always 18 minutes. Now she plans realistically.

Try this: Use a timer for one week—track how long regular tasks actually take.

Scattered to Sharp

Visual Task Batching

Instead of jumping between random tasks, group them into categories—emails, phone calls, errands. Use a visual board or colour codes to batch them.

Example: Ben makes all phone calls back-to-back in a 30-minute slot. This reduces “task-switching tax” and saves mental energy.

The Dopamine Dispatch

Book of the Week

The Mindfulness Prescription for Adult ADHD – *Dr Lidia Zylowska*

An accessible guide blending mindfulness and ADHD science. Offers step-by-step practices for calm, focus, and emotional regulation.

Patient win: One reader shared that using short mindfulness pauses before tasks helped them avoid spiralling into procrastination.

Quick Quiz ?

What is "time optimism" in ADHD?

- A) A strategy for hopeful thinking
- B) Underestimating how long tasks will take
- C) Over-scheduling without rest
- D) Using visual timers to plan tasks

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

One correct entry will win a **£5 Amazon voucher** (random draw if more than one).

ADHD Clinics Service

At our clinics, we aim to provide end-to-end support for ADHD—from assessment through to ongoing care. Many patients feel relief simply in being understood and validated; we then build structured care on that foundation.

Our services include:

- Comprehensive Diagnostic Assessments – following NICE guidelines, including developmental history and collateral input.
- Medication Initiation & Monitoring – evidence-based prescribing, careful titration, and side-effect management.
- Therapeutic Support – CBT tailored for ADHD, coaching for skills, and psychoeducation sessions for patients and families.
- Workplace & Academic Support – reports, adjustments, and advice to help patients thrive in work or study environments.
- Long-Term Follow-Up – structured reviews to ensure progress is sustained.
- Support for Co-occurring Conditions – such as anxiety, depression, autism, PTSD, and sleep issues.

Our philosophy is practical, patient-centred, and flexible—because no two ADHD journeys are the same.



ADHD CLINICS

We want to hear from you!

Have you tried "Future You," digital decluttering, or playlists?

Do you have a personal ADHD strategy that works for you?

Or a story about how understanding ADHD has improved your relationships, studies, or work?

Email [**info@adhd-clinics.co.uk**](mailto:info@adhd-clinics.co.uk)

— your story may feature in ReFrame Weekly (with permission).

⚠ Disclaimer:

All names and stories in these examples are fictional and provided to illustrate how strategies might be applied in real life.

See you next week !

Thank you for reading

If you like ReFrame Weekly, please do write to us [**info@adhd-clinics.co.uk**](mailto:info@adhd-clinics.co.uk)