




ADHD CLINICS

ReFrame Weekly

Edition 18 29/09/2025

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

Anchor your day with a “keystone routine.”

(More on page 4)

Wired Differently

When ADHD emotions surge, use the 90-second pause.

(More on page 4)

Scattered to Sharp

Prioritise using the 1–3–5 rule.

(More on page 5)

The Dopamine Dispatch

Podcast pick: ADHD Experts Podcast by ADDitude.

(More on page 5)

ADHD Clinic Services

How we support patients from assessment to ongoing care.

(More on page 6)

Quick Quiz

How long does it take for intense emotions to physiologically subside if left un-fuelled?

(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 Chaudhary is a Consultant Psychiatrist specialising in adult ADHD and mood disorders. Known for his compassionate and clear style, he brings both expertise and humanity to every assessment.

He has been praised for making patients feel “understood for the first time in their lives,” combining rigorous clinical knowledge with a down-to-earth approach.

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



**“The goal is not perfection. It is helping people create lives where they can thrive with ADHD, not against 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:

- Designed for psychiatrists, psychologists, GPs, and allied professionals, this course covers:
- ADHD across the lifespan
- Assessment frameworks and challenges
- Medication & titration
- Coaching and therapy approaches
- Case-based discussions

 **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

Keystone Routines

A “keystone routine” is a small habit that sets the tone for your day. For ADHD brains, it anchors energy and focus.

Example: Ben starts every morning by making his bed and drinking a glass of water. This quick win triggers momentum for the day.

Try this: Pick one keystone habit—something simple, repeatable, and meaningful. Commit to it for the next week.

Wired Differently

The 90-Second Pause

ADHD emotions can feel overwhelming. Neuroscience shows that if left un-fuelled, emotional surges naturally subside within about 90 seconds.

Example: When Sarah feels anger spike in a meeting, she silently counts her breaths for 90 seconds. The wave passes, and she responds calmly instead of reacting impulsively.

Try this: Next time emotions rise, pause and breathe for 90 seconds before taking action.

Scattered to Sharp

The 1–3–5 Rule

Instead of endless to-do lists, use the 1–3–5 prioritisation method:

1 big task

3 medium tasks

5 small tasks

Example: James plans his day:

Big: Finish presentation slides

Medium: Reply to key emails, meal prep, call GP

Small: Book haircut, tidy desk, send text to friend, wash car, pay bill

This structure provides focus without overload.

Try this: Write your own 1–3–5 list for tomorrow.

The Dopamine Dispatch

Podcast Pick

ADHD Experts Podcast by *ADDitude*.

Each episode features leading ADHD professionals discussing treatment, productivity, relationships, and daily strategies.

Patient win: Mark listens on his commute. He says it feels like “free coaching” and gives him a weekly motivation boost.

Quick Quiz ?

Question: How long does it take for intense emotions to physiologically subside if left un-fuelled?

- A) 30 seconds
- B) 90 seconds
- C) 5 minutes
- D) 20 minutes

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.



Share Your Tips & Journeys

- Do you have a keystone routine that anchors your day?
- Have you tried the 1–3–5 method for managing tasks?
- What podcasts help you stay motivated with ADHD?

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

— we may feature your story in a future edition.

⚠ 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)