




ADHD CLINICS

ReFrame Weekly

Edition 19 06/10/2025

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

Reclaim your mornings: a 5-minute “activation ritual” can flip your ADHD switch from sluggish to sharp. (More on page 4)

Wired Differently

Turn rejection sensitivity into awareness, not avoidance. Learn to pause, name, and reframe. (More on page 4)

Scattered to Sharp

Use “context-based batching” — group tasks by energy type, not topic. (More on page 5)

The Dopamine Dispatch

Patient win: balancing ADHD meds with structured exercise improved focus and reduced side effects.

Audio boost: Focus Flow playlist — gentle beats for sustained attention. (More on page 5)

ADHD Clinic Services

How we support patients from assessment to ongoing care. (More on page 6)

Quick Quiz

Which technique helps manage emotional reactivity in ADHD? (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 Kuldip Singh

Consultant Psychiatrist, ADHD Clinics.

Dr Kuldip Singh is an experienced Consultant Psychiatrist with a specialist interest in ADHD. He combines deep clinical expertise with a warm, accessible style that patients often describe as “calming and empowering.”

With years of NHS and private sector experience, Dr Singh understands the unique challenges faced by adults with ADHD—whether in the workplace, education, or family life. His approach is collaborative, ensuring patients feel heard and actively involved in their treatment journey.



“Progress begins when patients start believing change is possible.” – Dr Singh

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

NeuroMomentum – The 5-Minute Activation Ritual

Getting started is often the hardest part for ADHD brains. A short, consistent morning activation ritual can help switch on focus and reduce inertia.

Example: Maya starts her day by stretching, splashing cold water on her face, and playing her “morning activation” song. Within minutes, her motivation rises.

Try this: Choose three quick sensory actions that wake you up — like light, sound, and movement. Do them every morning before tackling your first task.

Wired Differently

From Rejection Sensitivity to Resilience

ADHDers often feel rejection more intensely, leading to avoidance or overcorrection. The key is awareness, not suppression.

Example: When Adam felt deflated after feedback at work, he paused, labelled the emotion (“I feel rejected”), and waited 90 seconds before responding. This simple step kept him grounded.

Try this: When rejection hits, pause and name the feeling. Take a few breaths, remind yourself it is temporary, and reframe it as data, not danger.

Scattered to Sharp

Context-Based Batching

Instead of organising tasks by topic (emails, errands, admin), group them by energy type — creative, mechanical, or social. This keeps your brain in a compatible mode for longer.

Example: Sam batches “mechanical” tasks (laundry, dishes, emails) for late afternoon when energy dips, and saves “creative” work (writing, planning) for mornings.

Try this: Review your to-do list and label each task by energy type. Batch similar ones together.

The Dopamine Dispatch

Patient Win: Lisa found her focus improved dramatically when she combined ADHD medication with morning exercise and light exposure. She now feels “clear-headed before 9 a.m. for the first time in years.”

Audio Boost: Try the Focus Flow playlist (Spotify) — smooth lo-fi beats designed to maintain focus without overstimulation.

Book Recommendation: Your Brain’s Not Broken by Tamara Rosier — a compassionate guide full of practical tools for managing ADHD emotions and motivation.

Quick Quiz ?

Which technique helps manage emotional reactivity in ADHD?

- A) Ignoring emotions
- B) 90-second pause and naming the feeling
- C) Overthinking the trigger
- D) Writing a long to-do list

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

- What rituals help you activate your morning focus?
- How do you manage emotional reactivity or rejection sensitivity?
- Which playlists or podcasts keep you grounded?

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)