




ADHD CLINICS

ReFrame Weekly !!

Edition 2 - 09/06/2025

ADHD Brains Favourite Newsletter !

 **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.

NeuroMomentum

Stack energy, not just habits

Your brain has natural energy highs and lows. This week, try scheduling your hardest task during your “peak focus window”—often mid-morning or right after exercise. Use that window to tackle something meaningful before distractions take hold. [more on page 4]

Wired Differently

Try the "Done List" for backward motivation

To combat the feeling of “I’ve done nothing all day,” try jotting down what you have done, even if it is small. A “Done List” rewires your brain for progress—not perfection—and builds motivation through recognition, not shame. [more on page 4]


Scattered to Sharp


Use sensory anchors to sharpen focus

Scent, sound, or touch can become mental cues. Light a specific candle, use a textured object (like a focus stone), or play a familiar soundscape to signal “focus time” to your brain. Over time, these sensory rituals help reduce transition friction. [[more on page 5]

The Dopamine Dispatch

 **Book of the Week:** How to Keep House While Drowning by KC Davis — short, kind, and made for overwhelmed brains.


 **Patient win :** One of our online patients started their day with a “focus-first” routine—phone off for 60 minutes. They now finish their top task by 10 a.m. on most days.


 **Audio boost:** Try the ADHD & Chill lo-fi playlist or podcast for calming structure while working. [more on page 5]

Quick Quiz

Which strategy can help your brain recognise progress and boost motivation?

- A) Pomodoro technique
- B) The Done List
- C) Sensory anchoring
- D) Time blocking

 Send your answer: ReFrame Weekly 2 answer isto info@adhd-clinics.co.uk

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

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!

Featured Clinician

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



Appointments available at:

<https://adhd-clinics.co.uk/appointments/>

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

ADHD Assessment & Treatment Online Course

A practical training for professionals.

Designed for psychiatrists, GPs, psychologists, and nurses, who want real-world, up-to-date skills in diagnosing and treating ADHD.

Professional ADHD Training — Master Assessment & Treatment

Join our 6-hour live online training and gain the skills, insights, and practical tools to effectively assess, diagnose, and support individuals with ADHD in any clinical setting.

Whether you are a Psychiatrist, GP, Psychologist, or a mental health professional, this course is designed to provide real-world strategies and the most up-to-date knowledge in ADHD care.

What You Will Learn:

- ✓ Accurately assess, diagnose, and treat ADHD
- ✓ Explore the clinical link between ADHD and hypermobility
- ✓ Learn about ADHD and Sleep
- ✓ Learn best practices for ADHD management in primary care
- ✓ Apply practical ADHD coaching techniques
- ✓ Participate in an interactive live Q&A with our expert panel

Meet the Expert Panel:

- ◆ Dr Dheeraj Chaudhary – Consultant Forensic Psychiatrist, ADHD & Autism Specialist
- ◆ Dr Victoria Galvis – General Practitioner
- ◆ Bernadette Ashton, ACC, CALC. – Certified ADHD Life Coach & Founder, ADHD Lancashire
- ◆ Dr Jessica Eccles – Neurodevelopmental Psychiatrist & Award-Winning Researcher
- ◆ Dr Olga Runcie – Consultant Psychiatrist

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 Use code: **ReFrameWeekly** for 10% off

NeuroMomentum

Stack energy, not just habits

Routines matter—but they work better when matched to your brain’s natural rhythms. Most people with ADHD experience a “focus window” once or twice a day. For many, this shows up in the mid-morning or shortly after physical movement (e.g. a walk, shower, or light workout).

This week’s experiment:

- Identify one time of day when your energy feels naturally higher.
- Block that time for your most meaningful or difficult task.
- Skip admin and emails—protect that window like gold.

ADHD is not about laziness—it is about timing your effort when your brain is most ready.

Wired Differently

Try the “Done List” for backward motivation

To-do lists can trigger guilt when unchecked. “Done Lists” flip this. Instead of tracking what you should do, you track what you have done—after the fact.

Why it works:

- It gives your brain a visual reward.
- You notice progress (even on tough days).
- It fights the “all or nothing” mindset.

Try this:

Keep a sticky note, whiteboard, or phone note where you jot down anything you complete. No matter how small—washing a dish, answering a message, taking meds—it counts.

Small wins create internal momentum.

Scattered to Sharp

Use sensory anchors to sharpen focus

Transitions are hard for ADHD brains. But sensory cues can help signal “It’s time to switch on.”

Examples of sensory anchors:

- **Scent:** Light the same candle or wear a particular essential oil during focus time.
- **Sound:** Use a specific playlist or ambient track only when working.
- **Touch:** Keep a fidget stone, textured object, or weighted lap pad nearby.

By consistently linking a sensory cue to a task, you train your brain to respond with focus—like a personal starter pistol.

Your brain needs gentle cues, not constant forcing.

The Dopamine Dispatch

Book of the Week:

How to Keep House While Drowning by KC Davis

Short chapters, zero shame, and kindness over chaos. A compassionate take on executive dysfunction and caring for your space.

Patient Win:

One of our online patients created a “focus-first” morning. No phone until after their most important task. This small change helped them complete their key goal before 10 a.m.—and they stuck to it five days a week.


Audio Boost:


Check out the ADHD & Chill lo-fi playlist on Spotify, or the podcast version for gentle background structure. Great for reducing overwhelm while doing tasks or chores.

Quick Quiz

Which strategy can help your brain recognise progress and boost motivation?

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See you next week !

Thank you for reading

If you like ReFrame Weekly, please do write to us info@adhd-clinics.co.uk