

ReFrame Weekly



Edition 21 (Diwali Special) 20/10/2025

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.

“LIGHTING UP FOCUS, CALM, AND CONNECTION THIS FESTIVE SEASON.”

🔄 **NeuroMomentum**

Clear the mental clutter: one small “mental tidy” before the festival brings light to focus.

(More on page 4)

⚡ **Wired Differently**

Balance celebration and self-care — how to honour ADHD boundaries during busy festivals.

(More on page 4)

🎯 **Scattered to Sharp**

Create “festive anchors” — sensory cues to stay calm and grounded amid the buzz.

(More on page 5)

✉️ **The Dopamine Dispatch**

Book of the week: Stolen Focus by Johann Hari.

Patient win: using colour-coded reminders helped manage festive overwhelm.

Audio boost: Peaceful Diwali Mornings playlist — calm Indian instrumentals.

(More on page 5)

🏠 **ADHD Clinic Services**

How we support patients from assessment to ongoing care.

(More on page 6)

🧩 **Quick Quiz**

What is a “festive anchor” and how can it help ADHD brains?

(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, Consultant Psychiatrist, reflects on how Diwali's symbolism of light over darkness resonates with ADHD journeys:

"For many patients, ADHD awareness feels like switching on a light in a room they've been navigating in the dark. Understanding your brain brings relief, direction, and self-respect."

Known for his calm, compassionate, and insightful approach, Dr Chaudhary continues to support patients in rebuilding self-belief and balance — not only through medical care, but through practical life strategies that last beyond the clinic.

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



**"Festivals remind us to pause and reconnect. ADHD recovery is the same — it's about renewal, not perfection."
— Dr Chaudhary**

Appointments available at:
adhd-clinics.co.uk/appointments/









ADHD Assessment & Treatment Online Course

ADHD Masterclass: ADHD across the life span | Saturday, 22 November 2025.


 **Live online session | Programme TBC**

Delighted to announce an upcoming online ADHD Assessment, Diagnosis and Treatment Course, delivered by Dr Dheeraj Chaudhary and team of ADHD experts.






-  Date: Saturday, 22 November 2025
-  Time: 10:00 AM – 06:00 PM (BST)
-  Location: Online (Zoom)
-  Fee: £300
-  CPD: 6 hours (subject to peer group approval)

 Includes:


- Childhood ADHD – Dr Mahadev Jasti
- Adult ADHD – Dr Dheeraj Chaudhary
- ADHD in Older Adults – Dr Shevonne Matheiken
- ADHD Coaching – Bernadette Ashton
- Lived Experience as a Consultant Psychiatrist – Dr Stephen Barrattshaw


 Who should attend?

This training is designed for:

-  Consultant Psychiatrists & Trainee Psychiatrists
-  GPs & Trainee GPs
-  Psychologists & Trainee Psychologists
-  Psychiatric Nurses & Physician Associates
-  Other mental health professionals working with diverse populations, including women, LGBTQ+, elderly, incarcerated individuals, ethnic minorities, and those with co-occurring psychiatric conditions.

 Contact: info@adhd-clinics.co.uk | www.adhd-clinics.co.uk

 Offer: 10% off with promo code: ReFrameWeekly

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



NeuroMomentum

Lighten Your Mental Load

Just as we declutter homes for Diwali, clearing mental clutter can restore focus and calm. ADHD brains often carry “open tabs” — half-finished thoughts, tasks, and reminders that drain mental energy.

Example: Priya keeps a “mental tidy” notebook. Each night she writes down loose thoughts, decisions, or to-dos, then closes the notebook — a symbolic “switching off” before sleep.

Try this: Choose one small task — inbox clean-up, planning your week, or journaling your thoughts. Every cleared space adds clarity and light.

Wired Differently

Boundaries Bring Balance

Festivals can overstimulate ADHD brains — too many plans, lights, and conversations. Setting gentle boundaries helps preserve energy and enjoyment.

Example: Arjun decided to attend only one Diwali dinner each evening and took short quiet breaks during gatherings. Instead of burnout, he felt more present and joyful.

Try this: Block rest time in your calendar like an appointment. ADHD brains need decompression time to recharge dopamine.



Scattered to Sharp

Festive Anchors for Calm

Sensory overload is common during celebrations — sounds, smells, colours. Creating “festive anchors” can help you stay grounded and steady.

Example: Meena carries a calming essential oil blend and uses it whenever she feels overstimulated. The scent instantly signals her brain to slow down.

Try this: Choose one grounding cue — scent, song, or texture — that you can use throughout the festive period to restore calm.

The Dopamine Dispatch

Patient Win: Rohan colour-coded his Diwali plans (family, shopping, rest) in Google Calendar. The visual clarity helped reduce overwhelm and prevent missed commitments.

Book of the Week: Stolen Focus by Johann Hari — a thought-provoking look at why attention is fractured and how to reclaim it.

Audio Boost: Peaceful Diwali Mornings playlist — soft tabla, sitar, and ambient tones to start your day grounded and clear.



Quick Quiz ?

Question: What is a "festive anchor"?

- A) A tool to secure decorations
- B) A grounding sensory cue used to manage overstimulation
- C) A strict schedule for social events
- D) A type of meditation app

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.

We offer:

- Adult ADHD
- Adult Autism
- Child ADHD
- Child Autism
- Medication and Follow-Up Reviews
- ADHD Coaching and Therapy
- Support for Universities and Workplaces
- Relationship and Lifestyle Support



Share Your Tips & Journeys

- How do you manage ADHD energy during festivals?
- What helps you balance joy and rest during Diwali?
- Have you created your own “festive anchor”?

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)

