




ADHD CLINICS

ReFrame Weekly

Edition 22 27/10/2025

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.

POST-DIWALI RESET : REST, REFLECT, REFOCUS

NeuroMomentum

The “calm after celebration” — how to restore focus and balance post-festivities.

(More on page 4)

Wired Differently

Managing dopamine dips after high-energy social events — gentle transitions for ADHD brains.

(More on page 4)

Scattered to Sharp

Refocusing your week: simple planning tools to return from chaos to calm.

(More on page 5)

The Dopamine Dispatch

Book of the Week: *Stillness Is the Key* by Ryan Holiday.

Patient win: how one small “*slow morning*” routine changed everything.

Sound Reset: Lo-fi focus beats playlist.

(More on page 5)

ADHD Clinic Services

How we support patients from assessment to ongoing care.

(More on page 6)

Quick Quiz

Why do dopamine dips feel stronger after periods of excitement or novelty?

(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!

Stay supported. Stay strategic. Stay you.

 adhd-clinics.co.uk |  info@adhd-clinics.co.uk

Clinician Spotlight

Dr. Sai Achuthan

Consultant Psychiatrist,
ADHD Clinics.

Dr Sai Achuthan, Consultant Psychiatrist, is known for his gentle yet highly analytical approach to ADHD care. His patients often describe him as both insightful and steady — helping them navigate complex emotions with clarity.

“After times of celebration or intensity, our nervous systems crave equilibrium. Recovery is not about withdrawal but rhythm — learning when to rest, when to move, and when to simply be.”

Dr Achuthan integrates lifestyle psychiatry principles into his work, guiding patients to use rest and structure as therapeutic tools. His philosophy aligns beautifully with this week’s post-Diwali reset theme: reconnecting to focus through balance, not pressure.



“Focus is a rhythm — and rhythm requires pauses.”
– Dr. Sai Achuthan

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 (Now £250 with code ADHD50 – ADHD Awareness Month Offer)

📋 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**

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

NeuroMomentum

Recalibrating After the High

Festivals and celebrations flood our systems with novelty, light, and social stimulation. When it all ends, ADHD brains often experience a “dopamine drop” — a temporary dip in motivation, focus, and mood.

Example: Riya felt flat and irritable after Diwali. Instead of pushing through, she allowed herself a “reset day” — slow breakfast, quiet reading, and one small productive task. By evening, her focus began to return naturally.

Try this: Schedule 24 hours of gentle structure — sleep, eat, walk, reflect — no multitasking. ADHD recovery begins in rhythm, not in rush.

Wired Differently

The Dopamine Dip

After excitement or novelty, dopamine levels can temporarily decline, leading to boredom, restlessness, or emotional flatness. Understanding this helps prevent the spiral of guilt or self-criticism.

Example: Amit missed the buzz of constant socialising and felt “off”. By switching to small, predictable rewards — listening to his favourite podcast, cooking something new — he stabilised his dopamine levels without burnout.

Try this: Avoid abrupt transitions. Plan soft landings — a solo walk after gatherings, calm music before bed, or reduced screen time to reset sensory input.

Scattered to Sharp

Refocus With Gentle Planning

Coming out of celebration often leaves routines scattered. ADHD brains crave structure but resist rigidity. The key is compassionate planning.

Example: Zara used a three-column planner — Must-Do, Can-Do, Want-Do — to gently ease back into her week. This visual triage prevented overwhelm while preserving flexibility.

Try this: Start each morning by writing three priorities — one practical, one emotional, one personal. ADHD planning works best when it honours energy, not just time.

The Dopamine Dispatch

Patient Win: Dev replaced his chaotic post-festival mornings with a calm ritual: warm lemon water, sunlight exposure, and five minutes of silence. Within a week, his concentration improved.

Book of the Week: *Stillness Is the Key* by Ryan Holiday — a guide to the power of slowing down in a world addicted to speed.

Audio Boost: Lo-Fi Focus Beats — rhythmic, non-vocal tracks designed for gentle re-entry into work and study.

Quick Quiz ?

Why do dopamine dips feel stronger after periods of excitement or novelty?

- A) Because ADHD brains release more dopamine and then experience a sharper decline
- B) Because stimulation permanently lowers dopamine
- C) Because social events cause cognitive overload only
- D) Because sleep loss directly increases dopamine

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 reset after a busy week or festival?
What small rituals help your ADHD mind return to balance?

Email 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