



ADHD CLINICS

# ReFrame Weekly

Edition 23 03/11/2025

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.

## MOTIVATION MAINTENANCE – KEEPING THE MOMENTUM ALIVE

### 🔄 **NeuroMomentum**

**Small wins, steady dopamine — the secret to staying motivated long-term.** (More on page 4)

### ⚡ **Wired Differently**

**Why ADHD motivation works in bursts — and how to ride the cycle instead of fighting it.**

(More on page 4)

### @ **Scattered to Sharp**

**Micro-goals to regain focus**

**Building sustainable routines using “micro-anchors” — short cues that spark focus.** (More on page 5)

### ✉ **The Dopamine Dispatch**

**Playlist:** Focus Flow 2.0

**Patient win:** micro-goals that beat burnout

**Book:** Atomic Habits by James Clear (see Page 5)

### 🌱 **Special Feature**

**Let's Talk ADHD – LinkedIn Live**

Sunday 09 November | 10:00–11:00am

Join Dr Dheeraj Chaudhary and guests to discuss real-life ADHD motivation challenges.

### 🌱 **Quick Quiz**

**What is the best way to maintain motivation in ADHD brains between bursts of focus?**

(Answer 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](mailto: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 with a reputation for clarity, empathy, and innovation. His approach bridges neuroscience and lived experience — helping patients turn understanding into action.

“Motivation is not a trait; it is a rhythm. ADHD brains move in waves — the art lies in learning how to surf, not how to stop the tide.”

Known for his practical frameworks, Dr Chaudhary encourages “low-friction progress” — systems that reduce overwhelm and promote small, consistent wins.

He is particularly passionate about digital engagement and regularly hosts educational sessions to demystify ADHD and support patient communities.



“Momentum is built in moments, not marathons”  
— Dr Chaudhary.


Appointments available at:  
**[adhd-clinics.co.uk/appointments/](https://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: £250**

 **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](mailto:info@adhd-clinics.co.uk) | [www.adhd-clinics.co.uk](http://www.adhd-clinics.co.uk)**

 **Book now: [adhd-clinics.co.uk/adhd-training-course-uk/](http://adhd-clinics.co.uk/adhd-training-course-uk/)**

## **NeuroMomentum**

### **Small Wins, Big Dopamine**

Long-term motivation in ADHD is about consistent dopamine reinforcement, not force. Instead of chasing major breakthroughs, focus on the loop of achievement — where every small task creates a reward that fuels the next.

**Example:** Ben set a 10-minute rule: every time he worked for 10 minutes, he ticked off a box on his tracker. By the end of the week, he had completed hours of meaningful work — with less frustration.

**Try this:** Break tasks into visible chunks and reward every completion. Motivation grows through momentum, not pressure.

## **Wired Differently**

### **Riding the ADHD Motivation Cycle**

ADHD motivation comes in bursts — an intense phase of hyperfocus followed by a crash. The key is to respect this rhythm, not label it as failure.

**Example:** Saira scheduled demanding tasks during her “focus bursts” and used recovery days for lower-energy tasks. This helped her sustain output without emotional burnout.

**Try this:** Use the burst-and-base method: one burst task, one grounding task (like tidying, journaling, or stretching). It maintains flow without exhaustion.

## Scattered to Sharp

### Using Micro-Anchors

Micro-anchors are simple cues that trigger focus — like lighting a candle, playing the same playlist, or using a specific workspace.

**Example:** Liam played one song before every deep-work session. That 3-minute cue trained his brain to enter focus mode automatically.

**Try this:** Pick a consistent cue before each work session. Repetition makes it a focus ritual rather than an effort.

## The Dopamine Dispatch

**Patient Win:** Mia created a “mini dopamine board” — stickers for small wins. She now celebrates progress, not perfection.

**Book of the Week:** Atomic Habits by James Clear — learn how identity-based habits sustain change.

**Playlist:** Focus Flow 2.0 – upbeat instrumental tracks to lift mood and attention.

## Quick Quiz ?

**What is the best way to maintain motivation in ADHD brains between bursts of focus?**

- A) Force continuous high effort to prevent dips
- B) Alternate high-focus and low-focus tasks intentionally
- C) Take long unstructured breaks after each burst
- D) Avoid planning during low motivation periods

Send your answer to [info@adhd-clinics.co.uk](mailto:info@adhd-clinics.co.uk)

Correct entries go into a draw for a £5 Amazon voucher.

## 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



## ● Join Us Live !

### Let's Talk ADHD – LinkedIn Live Session

Sunday 09 November | 10–11am

Hosted by Dr Dheeraj Chaudhary

Topic: "Motivation, Momentum, and Managing ADHD in Real Life."

### Share Your Tips & Journeys

What small cues or systems help you keep your motivation alive between bursts?  
We would love to feature your insights!

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)