




ADHD CLINICS

ReFrame Weekly

Edition 25 24/11/2025 (Special Edition)

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.

FROM AWARENESS TO ACTION – TURNING ADHD INSIGHT INTO REAL CHANGE

NeuroMomentum

Building sustainable energy in ADHD through micro-routines: how 2-minute actions can stabilise your entire day. (More on page 3)

Wired Differently

Understanding the overlap between ADHD and Autism in adults — why the combination is more common than many realise. (More on page 3)

Scattered to Sharp

A practical focus reset strategy you can use in 60 seconds using breath, body, and environment cues. (More on page 4)

The Dopamine Dispatch

Why celebrating “small wins” is neurobiologically powerful — and how to make this a daily habit. (More on page 4)

ADHD Clinic Services

We now offer:

Child ADHD assessments & titration

Adult ADHD assessments & titration

Adult Autism diagnostic assessments

A fully integrated neurodevelopmental pathway built around clarity, safety, and high-quality reports.

(More on page 5)

Special Feature

Let's Talk ADHD – LinkedIn Live

Our LinkedIn Live sessions continue to go from strength to strength.

Next session: Sunday 14 December, 11–12am.

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/

NeuroMomentum

People with ADHD often struggle with inertia — the difficulty is not in doing the task but starting it. Research and clinical experience both show that micro-routines (actions lasting under two minutes) can shift the brain from “static” to “moving.” Examples include sending one message, drinking a glass of water, opening the document you need to work on, or setting a 2-minute timer. Each micro-action generates just enough dopamine and momentum to kickstart more meaningful activity. Over time, these micro-routines create stability, reduce overwhelm, and build the day around achievable anchors.

Wired Differently

ADHD and Autism frequently co-occur, and many adults are only now discovering that both conditions contribute to their lifelong patterns of behaviour, communication, and sensory experience. Understanding this overlap can be transformative. ADHD contributes variability, impulsivity, and executive function challenges. Autism contributes social-communication differences, deep interests, sensory profiles, and preference for structure. When both are present, individuals often feel “too much and not enough” at the same time. Recognising the dual profile helps patients tailor strategies that respect both sets of needs rather than forcing themselves into neurotypical expectations.

Scattered to Sharp

This 60-second focus reset has become a favourite among our clinicians:

Breath: Slow one deep breath in for 4 seconds, out for 6 seconds.

Body: Unclench your jaw, drop your shoulders, and place your feet flat on the floor.

Environment: Remove one distraction from your immediate space.

Refocus: Name the single next step aloud.

This simple sequence shifts the nervous system towards calm engagement and increases the likelihood of completing the next micro-task.

The Dopamine Dispatch

The ADHD brain does not automatically register progress — even significant progress. This is why deliberately noticing “small wins” is so powerful. Every acknowledgment releases a micro-burst of dopamine, strengthening the habit loop associated with effort. Examples include: “I replied to one email,” “I got out of bed on time,” “I paused before reacting,” or “I completed a tiny part of a big task.” When done daily, this practice builds internal motivation and dramatically reduces the sense of failure that so many patients report.

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:

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

A fully integrated neurodevelopmental pathway built around clarity, safety, and high-quality reports.

Quick Quiz ?

What is the main benefit of 2-minute micro-routines for ADHD?

Name one reason why ADHD and Autism often overlap in adults.

What are the three steps of the 60-second focus reset?

Why are “small wins” important for motivation in ADHD?

When is the next Let’s Talk ADHD LinkedIn Live session?

Email your answer to info@adhd-clinics.co.uk

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



Share Your Tips & Journeys

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)