



ADHD CLINICS

ReFrame Weekly

Edition 3 - 16/06/2025

ADHD Brain's 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.

A WEEKLY DOSE OF INSIGHT, STRATEGY & SUPPORT FROM ADHD CLINICS

NeuroMomentum

Stack energy, not just habits

Use your brain's natural rhythms—your focus window—to power through tasks that matter most. [more on page 4]

Wired Differently

Pre-decide your start


Use "pre-decision" to make transitions smoother. Pack your bag, open the document, or lay out your workout clothes before the moment you need them. [more on page 4]


Scattered to Sharp


Shrink the task, not the goal

Break down a task until it feels laughably doable. When it is no longer intimidating, your brain is more likely to engage. [[more on page 5]

The Dopamine Dispatch

 **Book:** "You Mean I'm Not Lazy, Stupid or Crazy?!"

 **Patient win:** Replaced doomscrolling with 10-minute AM light walks. Mood and motivation soared.


 **Audio:** Try the "Upbeat Focus" playlist on YouTube or Spotify.


[more on page 5]

Quick Quiz

Which tactic reduces friction and boosts follow-through?

- A) Pre-decision
- B) Time blocking
- C) Rewriting goals
- D) Willpower stacking

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

 Winner (random draw) gets a £5 Amazon voucher

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 Stephen Barrattshaw

– Consultant Psychiatrist | ADHD Specialist | Fellow Neurodivergent

Dr Barrattshaw is a high-performing Consultant Psychiatrist who also happens to have ADHD. This lived experience shapes his empathetic, grounded, and practical approach to ADHD care. He originally trained as a nurse before completing medical school and becoming a consultant in 2020. Since then, he has held senior leadership roles in the NHS.

He brings warmth and clarity to complex situations. His patients describe him as down to earth, rigorous, and deeply person-centred. He believes in creating plans that work in real life—not just on paper.



Appointments available at:

adhd-clinics.co.uk/appointments/

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

 **17** Book Your Place Now → adhd-clinics.co.uk/adhd-training-course-uk/

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

NeuroMomentum

Stack energy, not just habits

For ADHD brains, when you do something is just as important as what you do.

◆ **What is a focus window?**

A “focus window” is a period when your brain naturally pays attention better and resists distractions more easily.

Common times:

- 10:00–11:30 AM
- Just after light exercise (e.g. a walk, stretching)
- Right after a dopamine boost (music, sunlight, cold shower)

Try this mini-routine:

1. Go for a 10-minute walk.
2. Listen to a favourite energising song.
3. Then sit down and open your most avoided task.

Example:

Simon always struggled to get started on writing reports. He started walking around the block at 9:45 AM, then returned to write just one paragraph before 10:30. Within two weeks, he was finishing his reports by noon—and feeling proud, not panicked.

Wired Differently

Pre-decide your start

ADHD brains freeze when there are too many choices or no clear starting line.

◆ **Why pre-decision works:**

It shrinks “executive function” load—so your brain knows exactly when, where, and what to do.

How to try it tonight:

1. Choose a task: e.g. “Clear 3 unread emails from inbox”
2. Pick a time and place: “At 9:30 AM, at the kitchen table”
3. Prepare the setup now: Place laptop + charger + glass of water on the table tonight.

Example:

Sarah pre-decided to revise her CV at the dining table at 11 AM after tea. She set out her notebook and laptop the night before. The next day, she skipped the usual decision fatigue and finished her edits in 20 minutes.

Scattered to Sharp

Shrink the task, not the goal

When tasks feel too big, your brain may shut down. The fix? Make them ridiculously small.

Try this: The 3-Minute Move

Ask: "What would move this forward by just 3 minutes?"

Examples:

- Want to apply for a job? → Just open the job ad and read it.
- Need to clean the kitchen? → Only unload the top rack of the dishwasher.
- Trying to write? → Name the document and type the title.

Why it works:

Starting tiny avoids overwhelm and turns action into a dopamine hit.

Patient success story:

Mohit was paralysed by the idea of "writing his thesis." With coaching, he committed to 3-minute moves: opening a document, then writing a heading. Within a month, he had written 4,000 words.

The Dopamine Dispatch

Book of the Week:

You Mean I'm Not Lazy, Stupid or Crazy?!

By Kate Kelly & Peggy Ramundo


This classic is a warm, relatable ADHD guide written in everyday language. It breaks down why ADHD can feel so hard—and how to work with your brain, not against it.

Why it matters:


Instead of just listing problems, it offers humour, acceptance, and useful systems from people who get it.

Patient Win (Online):

Ayesha, a postgraduate student, used to start her mornings scrolling on her phone. We encouraged her to try a dopamine-positive swap:

- 5 minutes of light stretching
 - Then a short morning walk without her phone
 - Finally, coffee + starting her "top task" before 10 AM
-  Within 2 weeks, she reported fewer focus crashes and more energy in lectures.

Audio Boost:

 Try the "**Upbeat Focus**" playlist on Spotify. It uses gentle lo-fi with rhythmic beats that engage the brain without overwhelming it.

Great for body-doubling, tidying, or working on admin.

Quick Quiz

Which tactic reduces friction and boosts follow-through?

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- C) Rewriting goals
- D) Willpower stacking

 Send your answer to: **info@adhd-clinics.co.uk**

 One correct entry wins a **£5** Amazon voucher (random draw)



Share Your Tip or Journey

Have you found a hack that finally worked for you?

Big or small—we would love to hear it.

 Email us at **info@adhd-clinics.co.uk**

If selected, your tip may feature in a future edition of ReFrame Weekly!

Let's build this together  

Disclaimer: All names used in examples are fictional and created to personify real patterns experienced by people with ADHD. They are not based on any specific patient.

See you next week !

Thank you for reading

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