



ADHD CLINICS

ReFrame Weekly

Edition 5 - 30 June 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.

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

NeuroMomentum

Use transition triggers to build flow

Struggle to shift gears between tasks? Use mental on-ramps—rituals that tell your brain it is time to switch focus. (More on page 4)

Wired Differently

Make the first step friction-free

Start with something so small your brain cannot resist. A 30-second action can be the spark that gets you moving. (More on page 4)


Scattered to Sharp


Visual to-do lists for mental clarity

Out of sight = out of mind. Create a visible to-do list (sticky notes, whiteboard, or colour-coded planner) to anchor your attention. (More on page 5)

The Dopamine Dispatch

 **Book of the week:** Atomic Habits by James Clear — practical habit-building tips that actually work for ADHD brains.

 **Patient win:** One patient built a medication tracker and completed 30 days of consistent treatment—first time ever!

 **Audio boost:** Try “Brown Noise for Focus” — soft, low-frequency background sound to reduce mental static.


(More on page 5)

Quick Quiz

Which strategy helps signal to your brain that it is time to start a task?

- A) Deadline pressure
- B) Transition rituals
- C) Power naps
- D) Background scrolling

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

 One correct entry wins a £5 Amazon voucher (random draw if multiple correct answers).

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 Sumanta Gupta

–Consultant Psychiatrist

Dr Sumanta Gupta is a highly experienced Consultant Psychiatrist with a specialist focus on adult ADHD. Known for his calm, thoughtful manner, he brings both clinical depth and lived understanding to his work. Patients appreciate his clear explanations and his ability to translate complex mental health issues into meaningful, practical strategies.

About Dr Gupta:

- Specialist in Adult Psychiatry and Neurodevelopmental Disorders
- Experienced in ADHD assessment, diagnosis, and treatment
- Strong advocate for patient-led, holistic care
- Comprehensive reports



What patients say:



"Dr Gupta helped me finally make sense of what I had been struggling with for years. He's easy to talk to, thorough, and gave me real tools to move forward."

— Google review

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.


Whole-Day Training | Friday 21 November 2025


 **Live online session | Programme TBC**


Join our full-day training course designed for psychiatrists, GPs, psychologists, and allied health professionals who want to enhance their skills in assessing and managing ADHD across settings.


What the course will cover:

- Practical ADHD diagnosis and formulation
- Treatment approaches: medication and beyond
- Shared care protocols and implementation
- Case discussions + interactive Q&A
- Tools you can use immediately

 **Where:** Online (live and interactive)

 **When:** Friday 21 November 2025

 **Offer:** 10% off with promo code: **ReFrameWeekly**

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

NeuroMomentum

Use transition triggers to build flow


Transitions can be the hardest part for ADHD brains. Even when motivation is there, switching between tasks can feel like hitting a mental wall.


The fix? Create mental on-ramps — rituals that cue your brain that it is time to start.

◆ **Examples of transition triggers:**

- Putting on noise-cancelling headphones
- Making a specific tea before you write
- Using a playlist that always starts your work block
- Setting a 2-minute timer to warm up your brain

◆ **Example:**

 *Nina struggled to shift from school runs into work mode. Now, she listens to the same 2-song playlist after dropping off the kids. It's her "gear change" cue — and she starts sooner, with less internal pushback.*

 Try it: Pick one task. Add a short, consistent cue before it. Repeat it all week.

Wired Differently

Make the first step friction-free


The ADHD brain often resists starting not because the task is hard—but because the start is fuzzy or high-friction.


Solution: make it ridiculously easy.

◆ **No-Friction First Step Ideas:**

- Open the laptop and just name the file
- Lay out gym clothes the night before
- Open your calendar and just look for one gap
- Write just the first sentence

◆ **Example:**

 *Tom needed to write a grant proposal but kept freezing. So he pre-decided to "just write the title" after breakfast. That single action often led to 10 minutes of flow—and eventually, a full draft.*

 Try this: Identify one thing you keep avoiding. What is the lowest-effort step to get it moving?

Scattered to Sharp


Visual to-do lists for mental clarity


Your brain might forget the to-do list unless it can see it. Out of sight = out of mind. Try making your priorities visual.

◆ **Visual cue ideas:**

- Whiteboard with 3 daily tasks
- Sticky notes on your laptop
- A small card taped to your water bottle
- Colour-coded planner spread out on your desk
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◆ **Example:**

 Arjun uses a sticky-note “3 task” wall. Each morning he writes three must-do items. They stare at him from the screen bezel—and help him stay on track without rechecking apps.

 Try this: List today’s top 3 tasks—on paper, somewhere visible.


The Dopamine Dispatch

Book of the Week:


Atomic Habits by James Clear

Clear, practical, and adaptable to ADHD life. One key idea? “Make it obvious, make it easy.” That principle works beautifully for ADHD brains.

Patient win:

 One patient built a small tracker for their ADHD meds on the fridge. Each day got a tick. 30 days later, they had the first month of full consistency ever—and more stable focus at work.

Audio boost:


 Try “Brown Noise for Focus” on Spotify or YouTube — low-frequency hum helps reduce mental clutter.

Quick Quiz

Which strategy helps signal to your brain that it is time to start a task?

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Community Corner

 **Have a tip or story from your ADHD journey?**

What worked for you? What is still a work in progress?

We would love to hear from you—and feature your insight (anonymously if preferred) in a future edition.

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

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