



ADHD CLINICS

# ReFrame Weekly

Edition 4 - 23/06/2025

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 week's edition is packed with practical, brain-friendly tips to help you build focus, motivation, and calm — one small shift at a time. Let us dive in!

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

## **NeuroMomentum**

### **Stack energy, not just habits**

Harness your peak focus windows (e.g. mid-morning or after exercise) to tackle meaningful tasks with less struggle. (More on page 4)

## **Wired Differently**

### **Tiny wins, big shifts**

When stuck, break the task into the tiniest possible next step. Small wins create momentum without overwhelming your brain. (More on page 4)


## **Scattered to Sharp**


### **The 5-4-3-2-1 grounding tool**

Quickly reset your attention with this sensory technique when feeling distracted or overloaded. (More on page 5)

## **The Dopamine Dispatch**

 **Book of the week:** *Unfck Your Brain\** by Dr. Faith Harper — practical, funny, and compassionate.


 **Patient win:** A patient created a visual progress board — and finally completed a personal project they had put off for over a year!


 **Audio boost:** Check out the Focus Flow playlist on Spotify — gentle beats to help sustain focus. (More on page 5)

## **Quick Quiz**

### **What can help ADHD brains build momentum without overwhelm?**

- A) Multitasking
- B) Breaking tasks into tiny next steps
- C) Waiting for motivation
- D) Powering through exhaustion

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

 £5 Amazon voucher for one correct entry (random draw if multiple winners).

## **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!

Stay supported. Stay strategic. Stay you.

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

## **Featured Clinician**

### **Dr Amith Munshi**

–Consultant Psychiatrist

Dr Amith Munshi is a Consultant Psychiatrist with extensive experience in diagnosing and treating ADHD in adults. Known for his thoughtful, calm approach, Dr Munshi is passionate about empowering patients to understand their neurodiversity and build practical strategies that work in real life.

#### **About Dr Munshi:**

- GMC Specialist Register: Licensed to practice in the UK
- Member of the Royal College of Psychiatrists UK
- ADHD and Autism expertise: Assessment, prescribing, treatment planning, and shared care support
- Strengths: Clear explanations, collaborative style, patient-centred care



#### **What patients say:**



"Dr Munshi really listened and helped me make sense of my ADHD. His advice was practical and easy to follow. I feel more confident managing my focus at work — highly recommended!"

Appointments available at:

**[adhd-clinics.co.uk/appointments/](https://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 Interactive Training | Friday, 21 November 2025**


★ *Programme details: To be confirmed — watch this space!*


Our popular course is back as a full-day interactive experience — ideal for GPs, psychiatrists, psychologists, and allied health professionals keen to build confidence in ADHD assessment and management.

### **What to expect:**


- Practical strategies for diagnosis & treatment
- Case discussions + Q&A
- Shared care and collaboration tips
- Tools you can use the next day

 **Date:** Friday, 21 November 2025

 **Time:** 9 am to 5 pm

 **Location:** Online (live interactive format)

★ **Special offer:** 10% off with promo code ReFrameWeekly

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

## **NeuroMomentum**


### **Stack energy, not just habits**

For ADHD brains, when you work matters as much as what you do. Catching your brain's natural focus rhythms can change everything.

#### ◆ **When are focus windows likely?**

- Mid-morning: before distractions build
- After movement: even 10 minutes of walking can sharpen focus
- After a dopamine hit: music, sunlight, a shower, or something enjoyable

#### ◆ **Real-life example:**

 "Emma noticed that writing her college essays felt impossible after lunch. But if she wrote for just 20 minutes after her morning run, she made real progress. Now she plans her hardest work for that post-exercise window."

#### 👉 **Try this:**

Pick one task that really matters. Block time in your next natural focus window. There is no pressure to finish — just start.

## **Wired Differently**


### **Pair tasks to reduce resistance**

ADHD brains often resist starting dull or tricky tasks. You can reduce that resistance by pairing them with something enjoyable.

#### ◆ **How to pair tasks?**

- *Emails + coffee*: Make replying part of your morning routine
- *Filing + podcast*: Let your brain enjoy the audio as you file
- *Tidying + favourite music*: Turn it into a 10-minute dance-clean
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#### ◆ **Real-life example:**

 "Jake dreaded checking his inbox. Now, he pours a good cup of coffee and tackles emails at the same time. It has become a small, positive ritual rather than a chore."

#### 👉 **Try this:**

What is one task you avoid? What small pleasure can you pair it with?

## Scattered to Sharp


### **Create a visual cue for focus**

ADHD brains benefit from clear external signals that say, "Now it is focus time." Visual or sensory anchors can help reduce transition friction.

#### ◆ **Ideas to try**

- Light a candle with a specific scent (e.g. peppermint, citrus)
- Use a small focus stone or object — place it where you can see it
- Turn on a desk lamp or wear focus-only headphones

#### ◆ **Real-life example:**

 "Amir lights a small orange-scented candle before writing reports. The scent now helps him ease into work mode."

#### 👉 **Try this:**


Pick one sensory cue this week. Use it at the start of focus time, no exceptions.

## The Dopamine Dispatch

### **Book of the Week:**

*Unmasking ADHD* by Dr James Brown — a compassionate, practical UK-based guide that busts myths and offers real-world advice for adults.

### **Patient win:**

 A patient started pairing email replies with their morning tea. They now clear their inbox by 9:30 a.m. most days and feel more in control.

### **Audio boost:**

Try "**Focus Flow**" on Spotify — upbeat enough to energise without overwhelming.



## Quick Quiz

👉 Which strategy helps ADHD brains reduce resistance to starting a task?

- A) Time blocking
- B) Task pairing
- C) Sensory anchoring
- D) The Done List

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

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

## Community Corner

🌟 Do you have a tip or story that helped your ADHD journey?

We would love to share it — anonymously if you prefer.

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

### Disclaimer:

*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)