



ADHD CLINICS

ReFrame Weekly

Edition 6, 07/07/2025

A Newsletter for ADHD Brains That Think Differently

Welcome !

This week, we explore how *accountability*, *novelty*, and *simplicity* can support your focus. Small tools, used with intention, can help ADHD brains stay on track without burnout..

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

NeuroMomentum

Borrow someone else's momentum

ADHD brains love co-regulation. Try a body double, accountability buddy, or virtual co-working to ride the energy wave. (More on page 4)

Wired Differently

Novelty resets attention


Feeling flat? Change your environment, tool, or even location slightly. Novelty activates dopamine — and momentum follows. (More on page 4)


Scattered to Sharp


Try the 3-box method

Overwhelmed by clutter? Use three physical or digital boxes: Now, Later, Not Mine. Sorting reduces mental noise. (More on page 5)

The Dopamine Dispatch

 **Book of the week:** The Disorganised Mind by Nancy Ratey — practical coaching tools for adults with ADHD.

 **Patient win:** One patient added weekly “power hours” with a friend on Zoom and finally tackled their admin pile.


 **Audio boost:** Try “Chillhop Essentials” — jazzy beats that support focus without fatigue. (More on page 5)

Quick Quiz

Which strategy taps into shared energy and can boost focus?

- A) Solo task batching
- B) Colour coding
- C) Body doubling
- D) Digital detox

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

 Correct entries go into a draw for 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!

Stay supported. Stay strategic. Stay you.

 adhd-clinics.co.uk |  info@adhd-clinics.co.uk

Clinician Spotlight

Dr Ayaz Qureshi

–Consultant Psychiatrist

Dr Ayaz Qureshi is a compassionate and thoughtful Consultant Psychiatrist who brings a calm, solution-focused approach to his work. With a strong background in adult mental health and neurodevelopmental conditions, he is especially skilled in helping patients understand and manage ADHD in the context of their whole life — not just a diagnosis.

About Dr Qureshi:

- Consultant in General Adult Psychiatry
- Experienced in ADHD diagnosis, treatment, and psychoeducation
- Known for being warm, grounded, and clinically thorough
- Passionate about empowering patients with practical tools and clear explanations



What patients say:



"Dr Qureshi really saw me. He explained things in a way that finally made sense and helped me move forward with confidence. I didn't just feel assessed—I felt understood."

— 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**


Back by demand — our one-day training course is designed for psychiatrists, GPs, psychologists, and allied professionals who want to feel confident in ADHD diagnosis and treatment.


What the course will include:

- Diagnosing ADHD across settings
- Medication and non-medication approaches
- Navigating shared care and referrals
- Real-life case examples
- Interactive Q&A and discussion

 **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

Borrow someone else's momentum

Motivation is contagious. ADHD brains often regulate better when co-working with someone else, even silently.

◆ **What is "body doubling"?**

It means working alongside someone — in person or virtually — while each person does their own task. It creates external structure and reduces the urge to wander off mentally.


◆ **Ways to try it:**


Join a friend on Zoom while you both tackle different to-do lists

Go to a co-working space or library for a couple of hours

Use YouTube "Study With Me" videos to simulate presence

◆ **Real-life example (fictional):**

 *"Nadia started doing 45-minute Zoom work sessions with a uni friend. They barely talked — just checked in at the start and end. It made her admin feel doable and helped her stick with tasks longer."*

 **Try this:** Pick one task and find a buddy or accountability space to try it with — even once this week.

Wired Differently

Novelty resets attention

ADHD brains are wired to notice novelty — and get bored fast. Sometimes, simply changing how or where you do a task can boost dopamine and help you re-engage.

◆ **Ways to add novelty without disruption:**


Move to a different room or coffee shop

Switch tools (pen and paper instead of phone)

Use a timer you've never used before (try a visual one!)

Tackle a task in reverse (e.g., do the summary before the body of an email)

◆ **Real-life example (fictional):**

 *"Marcus kept putting off writing his CV. One afternoon, he took his notebook to the park and used coloured pens. The change in environment helped him focus — and finish it in one sitting."*

 **Try this:** What task are you resisting? How can you make it look or feel new this week?

Scattered to Sharp

Try the 3-box method

Mental clutter = decision fatigue. If everything feels urgent, your brain may freeze. This simple 3-box method brings quick clarity.

◆ **Label three “boxes”:**


Now — Tasks that truly need doing today


Later — Things to revisit this week

Not Mine — Tasks you can delegate, decline, or park

You can use a physical box, a whiteboard, or just 3 sticky notes.

◆ **Real-life example (fictional):**

 *“Sophie kept spiralling into overwhelm. She tried this 3-box method with sticky notes on her fridge. Just separating the ‘Not Mine’ list helped her feel calmer and more in control.”*

 **Try this:** Set a 10-minute timer. Sort your current mental to-do list into these three boxes.


The Dopamine Dispatch

Book of the Week:


The Disorganised Mind by Nancy Ratey

Written by an ADHD coach, this book blends real stories with useful tools — especially great for adults balancing ADHD with busy lives.

Patient win (fictional):

 One patient began hosting “*admin power hours*” with a friend via Zoom every Sunday. They’ve now finished overdue bills, forms, and applications for the first time in months.

Audio boost:


 Try “*Chillhop Essentials*” — lo-fi jazz beats that energise without distracting.

Quick Quiz

Which strategy taps into shared energy and can help boost focus for ADHD brains?

- A) Solo task batching
- B) Colour coding
- C) Body doubling
- D) Digital detox


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

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

Community Corner

 **What works for you?**

Whether it is a quirky tip, a personal milestone, or just something that made your ADHD day easier — we would love to hear it.

 Email your tip or story (anonymous is fine) to **info@adhd-clinics.co.uk** and you could be featured 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