



ADHD CLINICS

ReFrame Weekly

Edition 7, 14/07/2025

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

Rituals Before Results

What happens before you start a task matters more than you think. This week, explore pre-task rituals that ease ADHD inertia and help you get going. (More on page 4)

Wired Differently

Task Chunking Made Easy


Big tasks stall ADHD brains. Learn a quick technique to break them into doable action steps—without needing hours of prep. (More on page 4)


Scattered to Sharp


Clear Space, Clear Mind

Tidy one “visual hotspot” today—a cluttered desk, inbox, or app screen—and see what it does to your attention. (More on page 5)

The Dopamine Dispatch

 **Book of the Week:** Unmasking Autism by Devon Price – thoughtful, inclusive, and deeply validating.

 **Patient win:** A patient now uses “verbal journaling” with voice notes during walks to process emotions and plan.


 **Audio boost:** Try the “Brown Noise for ADHD” playlist on Spotify—low stimulation, high focus. (More on page 5)

Quick Quiz

What can make a big task feel easier and more achievable?

- A) Do it all in one go
- B) Multitask with music
- C) Break it into micro-steps
- D) Wait for a motivation burst

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

 One lucky winner will receive 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 Sai Achuthan

Consultant Psychiatrist, ADHD Clinics

Dr Sai Achuthan is a warm, thoughtful and highly skilled Consultant Psychiatrist with a special interest in adult ADHD. He brings a calm, clear, and practical approach to the diagnostic journey—balancing clinical rigour with real-world compassion.

Dr Achuthan trained in General Adult Psychiatry and has extensive experience working across a range of NHS and private settings. His ability to connect with patients—especially those who have felt misunderstood or misdiagnosed for years—makes him a trusted clinician in our team. He is GMC registered, a member of the Royal College of Psychiatrists, and holds specialist registration in General Adult Psychiatry. Patients consistently describe his manner as approachable, validating, and highly competent.



What patients say:



"Dr Achuthan really listened. He made sense of what I have been struggling with for years and offered a way forward that felt hopeful, not overwhelming."

— Google review

He is GMC registered, a member of the Royal College of Psychiatrists, and holds specialist registration in General Adult Psychiatry. Patients consistently describe his manner as approachable, validating, and highly competent.

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 include:

- 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

Stack your focus before you burn it

Many ADHD brains burn mental energy before real work even begins—on guilt, indecision, or scattered thoughts. Instead, try “stacking” your attention early in the day.

◆ What helps stack attention?

- A structured start (same routine each morning)
- Quick dopamine boosts (music, light exercise, short wins)
- One meaningful, achievable task before noon

◆ Real-life example:

Tom, a university lecturer with ADHD, used to spend his mornings bouncing between tasks and feeling unproductive. Now, he starts with a cold shower, a short walk, and 20 minutes planning with music on low volume. His brain feels “warmed up,” and by 10:30 AM, he has usually finished his first key task.

◆ Try this:

Pick one small action that gives you a sense of control or reward. Use it to launch your morning. Start with that, not your to-do list.

 *Attention isn't just a switch—it's a sequence. Build it step by step.*

Wired Differently

"Interest-based nervous system"—use it wisely

People with ADHD do not lack attention—they have attention that is interest-driven, not priority-driven. That is why urgent-but-dull tasks feel impossible while hobbies can spark hours of focus.

◆ What does this mean practically?

You may feel lazy or inconsistent—but the real issue is the brain's reward wiring. It seeks stimulation, novelty, and emotional connection.


◆ Real-life example:

Hannah, a part-time designer with ADHD, struggled to do invoices. But she could paint for hours. Now, she adds music, uses colourful invoice templates, and races a 10-minute timer to “beat the clock.” It turns the task into a game—making it stimulating enough to finish.

◆ Try this:

Pair dull tasks with a stimulating element:

- A ticking timer
- A challenge (How fast can I do it?)
- Background audio (lo-fi, nature sounds)
- Rewards at the end (even small ones count)

 You do not need more discipline—you need the right dopamine conditions.

Disclaimer: All patient examples are fictional and used only to personify real experiences.

Scattered to Sharp

Cue your brain with “start signals”

One of the hardest ADHD challenges is getting started. The brain resists boring or unclear tasks—but you can teach it to enter “focus mode” using simple, repeated cues.

◆ **Why this works:**

Just like hearing a school bell prompts students to settle, using the same signal before a task teaches your brain to shift gears. Over time, it becomes automatic.

◆ **Real-life example:**

Jake, an ADHD-diagnosed project manager, kept skipping his morning reports. Now, he lights the same citrus candle, puts on a soft hoodie, and plays the same lo-fi playlist. That combo tells his brain: “This is report time.” He says the hardest part used to be starting—now it is just lighting the candle.

◆ **Try this:**

Pick 2–3 simple sensory cues and use them only before focused work:

A scent (essential oil, candle)

A sound (white noise, playlist, chime)


A touch (weighted blanket, hoodie, fidget stone)

A location (a specific chair or corner)


✨ Use your senses to smooth the transition into focus.


The Dopamine Dispatch


Your weekly dose of energy, wins, and focus-friendly tools.

 **Book of the week:** “Smart but Scattered” by Peg Dawson & Richard Guare

A practical guide to improving executive function skills in adults and teens. Focuses on real strategies for things like task initiation, time management, and emotional regulation. Great for people who know what to do but struggle to actually do it.

 **Patient Win (Online):** Sarah, a postgraduate student with ADHD, was overwhelmed by juggling deadlines. She started using Trello to visually map her week—with colour-coded boards, due dates, and checklists. She now says, “For the first time, I feel like I’m driving the week instead of the week driving me.”

 **Audio boost:** Try “Binaural Beats: Focus” on Spotify or YouTube. These rhythmic audio patterns are designed to gently stimulate concentration without overstimulation. Use headphones for best effect—ideal for writing, reading, or planning time.


 *ADHD brains thrive on the right kind of stimulation—gentle, engaging, but not overwhelming.*

Quick Quiz

Which of the following tools was used by a patient this week to regain control of their schedule?

- A) Pomodoro timer
- B) Binaural beats
- C) Trello
- D) A paper planner


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

 One winner gets a £5 Amazon voucher – randomly selected from correct entries!

Community Corner

 **Your Turn: Share a Tip or Story!**

Have you found a strategy that helps with your focus, motivation, or mood? Maybe a simple routine, a tech tool, or even a way you manage your energy?

 **We would love to hear from you!**

Email us your ADHD wins, tips, or challenges. We might feature them (anonymously if you prefer) 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