



ADHD CLINICS

ReFrame Weekly

Edition 8 21/07/2025

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

Rethink routines, not just results

If your routine keeps breaking, the problem might be the routine—not you. Shift to flexible anchors that suit your energy and environment. (More on page 4)

⚡ Wired Differently

Use "Activation Anchors"

Pair a neutral cue (e.g. specific mug, playlist, scent) with the start of a focused task. Over time, your brain links the cue to "go time." (More on page 4)

🎯 Scattered to Sharp

Use the "3 Before 10" rule

Set a goal to complete three meaningful tasks before 10am. Keep them small and achievable. This gives ADHD brains an early dopamine win and sets the tone for the day. (More on page 5)

✉️ The Dopamine Dispatch

📖 **Book of the Week:** *The Mountain Is You* by Brianna Wiest

🎧 **Audio boost:** Try the "Lo-Fi ADHD Beats" on YouTube or Spotify. Loops, low lyrics, and soft rhythms help many ADHD brains sink into flow.

🏆 **Patient win:** One of our patients, Sam, created a 3-item "Morning Anchor Routine" (stretch, coffee, plan). It sounds small—but it transformed his daily consistency. He no longer loses the first two hours to aimlessness. (More on page 5)

🧩 Quick Quiz

What strategy helps ADHD brains connect a cue with a focused task?

- A) 3 Before 10
- B) Activation Anchors
- C) Done List
- D) Cold Showers

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

🎁 One correct entry wins a £5 Amazon voucher (drawn at random if multiple correct responses)

💬 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 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 | Saturday 09 August 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:** **Saturday 09 August 2025**

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

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

NeuroMomentum

Stack recovery, not just output

In ADHD, the drive to “push through” often overrides the brain’s actual energy signals. Instead of only planning what to do, start planning how you’ll recover.

◆ **Try this:**

Schedule 5–10 minutes of active recovery between deep focus blocks—think a short walk, cold water on your face, or a reset playlist.

◆ **Real-world example:**

Jacob, an ADHD coaching client, now ends each 45-minute work sprint with a 5-minute barefoot break in his garden. It helps him “reboot” his senses before diving back in.

Wired Differently

Make decisions smaller to reduce ADHD overwhelm

Big decisions = big dopamine drain. ADHD brains freeze when there are too many choices or steps. Shrink the size of the decision and you shrink the friction.

◆ **Try this:**

If you are stuck choosing dinner, clothes, or even what task to do—pre-decide. Create “default templates” ahead of time.

◆ **Real-world example:**

Alisha used to waste 20–30 minutes every morning choosing work clothes. Now, she has 3 pre-approved outfit combos hanging near her door. Decision fatigue = gone.

Scattered to Sharp

Use "body doubling" to start difficult tasks

Body doubling—working in the presence of another person—is a powerful external scaffold for ADHD brains. It creates a sense of social accountability and cues the brain that “now is go-time.”

◆ Try this:

Use a virtual coworking session, phone call, or even a friend in the same room. The other person does not need to help—just be there.

◆ Real-world example:

Omar, who struggles to start admin work, now uses a “Focus Buddy” over Zoom. Both log on, state their goal, then work silently for 45 minutes. He reports a 70% improvement in task initiation.

The Dopamine Dispatch

Book of the Week:

The Mountain Is You by Brianna Wiest

A compassionate and practical look at self-sabotage—and how to stop getting in your own way.

Audio boost:

Try the “Lo-Fi ADHD Beats” on YouTube or Spotify. Loops, low lyrics, and soft rhythms help many ADHD brains sink into flow.

Patient win:


One of our patients, Sam, created a 3-item “Morning Anchor Routine” (stretch, coffee, plan). It sounds small—but it transformed his daily consistency. He no longer loses the first two hours to aimlessness.

Quick Quiz

What strategy helps ADHD brains connect a cue with a focused task?

- A) 3 Before 10
- B) Activation Anchors
- C) Done List
- D) Cold Showers


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

 One correct entry wins a £5 Amazon voucher (drawn at random if multiple correct responses)

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