




ADHD CLINICS

ReFrame Weekly

Edition 9 28/07/2025

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

Stack energy, not just habits

Use your brain's natural rhythms—your focus window—to power through tasks that matter most. (More on page 4)

Wired Differently

Time feels weird? Use visual clocks


For ADHDers, time is often "now" or "not now." Visual timers and clocks can help make time visible again. (More on page 4)


Scattered to Sharp


UShrink the task to start it faster

When you are stuck, reduce the task until it feels too easy not to begin. (More on page 5)

The Dopamine Dispatch

 **Sound:** "ADHD Focus Flow" playlist on Spotify.

 **Win:** Patient shared they decluttered their desktop + used sticky notes to sort priorities.

 **Book:** "Atomic Habits" by James Clear – accessible, practical, and popular for a reason.


(More on page 5)

Quick Quiz

Which tool helps visualise time to improve task flow?

- A) Whiteboard
- B) Visual clock
- C) Pomodoro app
- D) Bullet journal

 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 Stephen Barrattshaw

Consultant Psychiatrist, ADHD Clinics

Dr Stephen Barrattshaw has ADHD. He is also a high performing Consultant Psychiatrist. He is very experienced in the diagnosis and treatment of ADHD in adults.

He originally trained as a nurse and then completed his medical training becoming a consultant in 2020. He has worked in a wide range of specialities and has also been a Director of Medical Education for a large NHS Trust and a Clinical Director for Acute Mental Health for an NHS Wales Health Board.

Relaxed, down to Earth but also rigorous and very patient-centred.

His qualifications are MBChB BA BMedSci MSc MInstLM MAcadMed UKAAN MRCPsych

He is a Consultant General Adult Psychiatrist with an endorsement in Rehabilitation Psychiatry.

He is listed on the specialist register of the GMC with a license to practice medicine – 7274615, is a Member of The Royal College of Psychiatrists and is an Approved Clinician under The Mental Health Act.



What patients say:



"I highly recommend ADHD Clinics. My initial contact was with Nikki, who responded to my emails very quickly and my assessment with Dr Barrattshaw was booked a week later. I was quite nervous on the day but Dr Barrattshaw immediately made me feel at ease and I felt able to talk freely to him. After my diagnosis he spent time discussing the recommended medication, should I decide to try it. He also wrote a letter of diagnosis for my college requesting that reasonable adjustments be made to my studies. This was emailed to me by Nikki just hours after my assessment. Thank you both so much!"

— 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 | 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 energy, not just habits

Habits matter, but your brain's natural energy and focus cycles matter even more. Instead of pushing yourself to start tough tasks at random times, try to catch your brain's "peak focus window." This is when your mental energy is highest, so starting important work feels easier and more rewarding.

When is your peak focus window?

Many people with ADHD notice better focus:

- Mid-morning, before distractions build up
- Right after light exercise like a short walk or stretching
- After a dopamine boost such as music, sunlight, or a refreshing shower

Try this:

Pick one meaningful task. Schedule it for your next peak focus window. Don't worry about finishing—just start. This small shift can make a big difference.

Wired Differently

Time feels weird? Use visual clocks

ADHD brains often experience time as either "right now" or "never." This makes it hard to estimate how long tasks take or when deadlines are approaching.

Visual timers and clocks help by turning abstract time into something you can see and feel. They reduce anxiety and increase awareness of passing minutes, helping you stay on track.

Examples:

- Use a clear analog clock placed where you work, so you see the hands move.
- Try a visual timer app with a coloured countdown ring or bar.
- Set multiple alarms as gentle reminders to check your progress.

Try this:

Use a visual clock or timer next time you start a task. Notice if it helps you pace yourself or reduces procrastination.

Scattered to Sharp

Anchor your attention with sensory cues

ADHD brains often struggle to shift focus or stay present. Using sensory anchors like specific smells, sounds, or tactile objects can signal your brain, "It's focus time." Over time, these anchors become mental triggers that ease the switch into productive mode.

Examples:

- Light a particular scented candle or use an essential oil diffuser with peppermint or citrus.
- Play a familiar soundscape or playlist (e.g., gentle rain, white noise, or soft instrumental music).
- Hold or fidget with a textured object like a smooth stone or stress ball.

Try this:

Pick one sensory anchor to use whenever you want to focus. Notice if it reduces distraction and makes transitions easier.

The Dopamine Dispatch

Book of the Week:

"Atomic Habits" by James Clear — Practical, step-by-step strategies for building lasting habits that stick, perfect for ADHD minds looking to change patterns without overwhelm.

Audio boost:

Jane, one of our online patients, struggled with getting started on writing projects. She began using the "2-minute rule" — committing to just 2 minutes on a task. Over weeks, this tiny step helped her build momentum, and she recently completed her first full article in months.

Patient win:


Try the "Focus Flow" playlist on Spotify — designed to enhance concentration without distracting lyrics or sudden changes.

Quick Quiz

Which sensory anchor can help signal focus time to your brain?

- A) A scented candle
- B) Checking your phone
- C) Watching TV
- D) Browsing social media

 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

 **Share Your Journey or Tip!**

We want to hear from you. What small change has helped you manage ADHD better? Maybe a morning routine, a focus trick, or how you've used a sensory cue to stay on task.

Reply to this email or send your story/tip to **info@adhd-clinics.co.uk**

Your contribution could be featured in an upcoming 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