



ADHD CLINICS

ReFrame Weekly

Edition 11 11/08/2025

A Newsletter for ADHD Brains That Think Differently

👋 Welcome back!

You are part of a growing ADHD community — we are now 500 subscribers! 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**

Break big goals into “momentum chunks.”

Instead of aiming to finish an entire project in one go, commit to a small, high-impact block of work daily. Just 30 minutes a day on a book, training plan, or habit can compound into significant achievements in weeks.

(More on page 4)

⚡ **Wired Differently**

ADHD and transitions – why switching tasks can feel like shifting continents.

Even small transitions can cause brain “lag” in ADHD. Learn how to build soft-starts and soft-stops into your day to reduce overwhelm. (More on page 4)

🎯 **Scattered to Sharp**

Build a 3-2-1 routine to cut decision fatigue.

Three key tasks, two medium ones, and one “bonus” task. This reduces mental clutter and lets you track wins in a dopamine-friendly way. (More on page 5)

✉️ **The Dopamine Dispatch**

Micro-rewards to keep motivation alive.

When tackling a tough job, add a mini-reward at each milestone — a good coffee, a 5-minute break outside, a favourite song. Your brain learns to expect and enjoy progress. (More on page 5)

🧩 **Quick Quiz**

Transitions can be difficult for people with ADHD because:

- A) They cause a temporary drop in dopamine
- B) They increase hyperfocus
- C) They reduce working memory load

(Answer on Page 7)

💬 **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 Kuldip Singh

Occupational Health Specialist with a Focus on Neurodiversity, ADHD Clinics.

Dr Singh, a Manchester University graduate (1995), is a GP Partner in the West Midlands with nearly 20 years' experience and a special interest in Occupational Health. He has extensive expertise in supporting individuals with ADHD and Autism, both in clinical practice and workplace settings.

He has helped hundreds of patients and offers specialist occupational health case management to ensure neurodivergent employees receive the right accommodations to thrive. Dr Singh advises employers and employees on practical strategies for inclusive workplaces, recognising that with proper support, individuals with ADHD, Autism, and Dyslexia can be invaluable assets.

He is GMC-registered (No: 4220657), holds an active licence to practise, is a member of the Royal College of General Practitioners, and is fluent in English, Hindi, Urdu, and Punjabi.



Appointments available at:

adhd-clinics.co.uk/appointments/



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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.


Full-Day ADHD Masterclass | Saturday 22 November 2025


 **Live online session | Programme TBC**


This masterclass is designed for healthcare professionals who want to deepen their understanding of ADHD assessment, diagnosis, and management in adults. The course covers:

 **What the course will include:**

- Clinical presentation across genders and age groups
- Diagnostic frameworks and pitfalls
- Medication choices and titration strategies
- Non-pharmacological interventions
- Managing complex cases and comorbidities

 **Where:** Online (live and interactive)

 **When:** Saturday 22 November 2025

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

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

NeuroMomentum

Break big goals into “momentum chunks.”

Large ambitions can be overwhelming, especially for ADHD brains that can feel paralysed by too many moving parts. The trick is to focus on consistent, small bursts of action.

Example: Instead of deciding to “write the whole report this weekend,” commit to 30 minutes a day. Monday: outline headings. Tuesday: fill in two sections. Wednesday: polish and format. The satisfaction of daily wins keeps motivation alive — and prevents the crash that comes from binge-working and burning out.

Wired Differently

ADHD and transitions – why switching tasks can feel like shifting continents.

For people with ADHD, the brain can resist moving from one activity to another because it struggles to disengage from the current focus and re-engage with a new one. This “transition tax” often leads to procrastination or avoidance.

Practical tip: Use “soft-starts” (like a 5-minute timer to ease into a task) and “soft-stops” (like winding down the current activity with a brief summary or checklist). This reduces the friction and helps your brain accept the change.

Scattered to Sharp

Build a 3-2-1 routine to cut decision fatigue.

Decision fatigue is real — and in ADHD, it hits harder. The 3-2-1 system simplifies daily priorities:

- 3 key tasks – The things you must do today
- 2 medium tasks – Would be good to get done
- 1 bonus task – Nice to do if energy and time allow

Example:

- 3 key: submit expense report, call supplier, send proposal
- 2 medium: reply to 5 non-urgent emails, update slide deck
- 1 bonus: reorganise desk drawers

This keeps the day achievable without the mental chaos of a giant to-do list.

The Dopamine Dispatch

Micro-rewards to keep motivation alive.

ADHD brains are wired to seek stimulation — and that means dopamine. Building in small, instant rewards can keep you going through a longer task.

Example:

- After finishing a section of a report → make a favourite cup of tea
 - After 30 minutes of tidying → watch a funny video
 - After completing a workout → text a friend to share your win
- This turns productivity into a feedback loop of progress → reward → motivation.

Article :

ADHD in the Workplace: The Crucial Role of Occupational Health **By Dr Kuldip Singh, Occupational Health Physician**

ADHD (Attention Deficit Hyperactivity Disorder) is increasingly recognised in adults, many of whom are working across a wide range of industries. For employers and professionals managing workplace health, understanding ADHD through an occupational lens is essential to supporting performance, well-being, and retention.

Adults with ADHD may struggle with time management, organisation, working memory, and sustaining attention. These difficulties can affect productivity, attendance, and workplace relationships – especially in environments that lack structure or involve high demands. Yet, many individuals with ADHD also bring high energy, creativity, innovation, and an ability to hyperfocus on areas of interest – all valuable workplace traits when supported properly.

Occupational health (OH) plays a key role in bridging the gap between medical understanding and practical workplace solutions in the following ways:

- **Workplace Assessment & Recommendations:** OH physicians assess how ADHD affects work capacity and recommend reasonable adjustments tailored to the role and the individual. This may include flexible hours, written instructions, structured routines, quiet working spaces, job redesign, or access to coaching or assistive technology.
- **Support with Disclosure & Communication:** Employees often feel unsure about disclosing ADHD. OH provides a confidential space to explore concerns and can act as a neutral link between the individual and their employer, helping both parties navigate conversations constructively.
- **Advising on Legal Duties:** ADHD can be considered a disability under the Equality Act 2010. Occupational health supports employers in meeting their legal obligations by offering objective, evidence-based advice on how to implement and review adjustments.
- **Facilitating Early Intervention:** Referring to OH at an early stage, such as when concerns about performance, absence, or stress arise, can prevent issues from escalating and reduce the risk of formal capability processes or health-related dismissals.
- **Promoting Retention & Inclusivity:** Investing in OH input is not just about compliance – it is about creating a workplace where neurodiverse individuals can succeed. This leads to better morale, lower turnover, and a more innovative workforce.


In short, occupational health offers a practical, collaborative route to supporting employees with ADHD – balancing business needs with individual support. As awareness of adult ADHD grows, so too must our workplace response.

Quick Quiz :

Question: Transitions can be difficult for people with ADHD because:

- A) They cause a temporary drop in dopamine
- B) They increase hyperfocus
- C) They reduce working memory load

Answer: A – Task switching can cause a temporary dopamine dip, making it harder to shift attention without a clear cue or reward.

 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

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