




ADHD CLINICS

ReFrame Weekly

Edition 13 25/08/2025

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. Your ADHD brain works best in bursts—catch your natural focus window and ride the wave. (More on page 4)

Wired Differently

“Future You” can be your ally. Frame tasks as gifts to your tomorrow-self.
(More on page 4)

Scattered to Sharp

Declutter your digital world. Clear notifications = clear headspace.
(More on page 5)

The Dopamine Dispatch

Music can be your medicine. The right playlist lifts focus, mood, and motivation.
(More on page 5)

ADHD Clinic Services


How we support patients from assessment to ongoing care.
(More on page 6)

Quick Quiz

Which strategy best helps with ADHD time blindness?
(more on Page 6)

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

Dawn White

Relationship Coach, ADHD Clinics.

Dawn White is a relationship coach who works closely with individuals and couples navigating the impact of ADHD on relationships. With warmth, humour, and practical strategies, she helps patients understand how ADHD traits—like impulsivity, time-blindness, and emotional intensity—can play out in everyday relationships.

Her approach blends coaching techniques with real-world advice, making her guidance highly relatable. She encourages open communication, mutual respect, and practical adjustments to support healthier and more fulfilling relationships.



“ADHD does not mean relationships cannot thrive—it just means we need to learn each other’s rhythm.”

– Dawn White

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.

Full-Day ADHD Masterclass | 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:


- Adult ADHD across the lifespan
- Diagnostic frameworks and pitfalls
- Medications and titration strategies
- Coaching, CBT, and skills training
- Managing ADHD with comorbidities
- Case examples with group discussion

 **Where:** Live Online via Zoom

 **When:** Friday, 21 November 2025

 **Time:** 09:30 – 16:30 (UK time)

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

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

NeuroMomentum

Stack Energy, Not Just Habits

Habits are valuable, but for ADHD brains, timing is everything. Instead of forcing discipline, tune into your energy rhythms.

Example: Alex noticed he hits his sharpest focus between 10–11 am. By reserving that window for writing reports, he cut completion time in half.

Try this: Map out your peak focus windows for a week. Then protect those slots for meaningful work—no emails, no scrolling.

Wired Differently

Meet Your “Future You”

Procrastination often comes from disconnecting from our future selves. By reframing tasks as gifts for “tomorrow-you,” you turn drudgery into self-compassion.

Example: Maria struggles with laundry. She reframed it: “Tomorrow-me will thank me for waking up to fresh clothes.” That shift reduced resistance and built consistency.

Try this: Before delaying, pause and ask—“How will Future Me feel if I do (or skip) this?”

Scattered to Sharp

Declutter Your Digital World

Notifications fracture focus. ADHD brains are especially sensitive to “micro-distractions.”

Example: James deleted 80% of the apps on his phone. Within days, he reported lower anxiety and more space to think.

Try this: Turn off non-essential alerts. Move distracting apps off your home screen. Give your brain breathing room.

The Dopamine Dispatch

Music as Medicine

Music triggers dopamine—fuel for ADHD motivation. The right playlist can prime your brain for focus, exercise, or relaxation.

Example: Priya plays an upbeat playlist before starting admin tasks. She reports higher energy and less resistance.

Try this: Curate 3 playlists—Focus, Lift, Calm. Use them as mental “switches” to guide your state.

Quick Quiz ?

Which of the following strategies directly helps with ADHD time blindness?

- A) Gratitude journaling
- B) Using a visual timer
- C) Making a Done List
- D) Sensory anchoring

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

One correct entry will win a **£5 Amazon voucher** (random draw if more than one).

ADHD Clinics Service

At our clinics, we aim to provide end-to-end support for ADHD—from assessment through to ongoing care. Many patients feel relief simply in being understood and validated; we then build structured care on that foundation.

Our services include:

- Comprehensive Diagnostic Assessments – following NICE guidelines, including developmental history and collateral input.
- Medication Initiation & Monitoring – evidence-based prescribing, careful titration, and side-effect management.
- Therapeutic Support – CBT tailored for ADHD, coaching for skills, and psychoeducation sessions for patients and families.
- Workplace & Academic Support – reports, adjustments, and advice to help patients thrive in work or study environments.
- Long-Term Follow-Up – structured reviews to ensure progress is sustained.
- Support for Co-occurring Conditions – such as anxiety, depression, autism, PTSD, and sleep issues.

Our philosophy is practical, patient-centred, and flexible—because no two ADHD journeys are the same.



ADHD CLINICS

We want to hear from you!


Have you tried "Future You," digital decluttering, or playlists?

Do you have a personal ADHD strategy that works for you?

Or a story about how understanding ADHD has improved your relationships, studies, or work?

Email info@adhd-clinics.co.uk

— your story may feature in ReFrame Weekly (with permission).

 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

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