



ADHD CLINICS

ReFrame Weekly

Edition 14 01/09/2025

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**

Harness the “two-minute takeoff” rule—small starts lead to big momentum.

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⚡ **Wired Differently**

Rejection Sensitive Dysphoria (RSD) is real—learn to respond, not spiral.

(More on page 4)

🎯 **Scattered to Sharp**

Colour-code your calendar—turn chaos into clarity.

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✉️ **The Dopamine Dispatch**

Podcast of the week: ADHD Experts Podcast by ADDitude. Bite-sized science meets real-life tips.

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🏥 **ADHD Clinic Services**

How we support patients from assessment to ongoing care.

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🧩 **Quick Quiz**

Which simple rule can help overcome ADHD task paralysis?

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💬 **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

Consultant Psychiatrist, ADHD Clinics.

Dr Kuldip Singh is an experienced Consultant Psychiatrist with a specialist interest in ADHD. He combines deep clinical expertise with a warm, accessible style that patients often describe as “calming and empowering.”

With years of NHS and private sector experience, Dr Singh understands the unique challenges faced by adults with ADHD—whether in the workplace, education, or family life. His approach is collaborative, ensuring patients feel heard and actively involved in their treatment journey.



“ADHD is not just about difficulties—it is about unlocking potential. With the right strategies, people can thrive.”

– Dr Singh

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 | Saturday 22 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:** Saturday 22 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

The Two-Minute Takeoff

When a task feels impossible, shrink it down. Commit to just two minutes of action. Often, starting is the hardest part—momentum will carry you forward.

Example: Sarah dreaded sorting her emails. She promised herself two minutes. Thirty minutes later, she had cleared her inbox and felt lighter.

Try this: Choose one task you are resisting. Start a timer for two minutes. At the end, stop or continue—it is your choice.

Wired Differently

Rejection Sensitivity Dysphoria (RSD)

RSD is an intense emotional response to perceived criticism or rejection. It can feel overwhelming and disproportionate—but it is not weakness, it is part of ADHD wiring.

Example: Raj's manager gave him neutral feedback, but he spiralled into "I am failing." He now uses grounding: pause, breathe, and reframe—"This is about growth, not rejection."

Try this: When you feel rejection pain, ask—"What else could this mean?" Challenge the first interpretation.

Scattered to Sharp

Colour-Coded Calendars

Visual cues reduce overwhelm. Assign colours for categories—work, home, appointments, self-care. Seeing balance on your calendar makes tasks less chaotic.

Example: Emily colour-coded her calendar: blue = meetings, green = exercise, yellow = family. It helped her see when her week was overloaded and where rest was missing.

Try this: Start with 3 colours only. Build gradually to avoid overcomplication.

The Dopamine Dispatch

Podcast of the Week

ADHD Experts Podcast by ADDitude

Short, practical, and evidence-based, this podcast pairs ADHD specialists with real-world issues. Perfect for learning while commuting, walking, or doing chores.

Example: One listener shared how an episode on ADHD & procrastination gave them the courage to try the “two-minute takeoff” rule—and it worked.

Try this: Add one ADHD-friendly podcast episode to your routine this week.

Quick Quiz ?

Which strategy is designed to overcome task paralysis by lowering the starting barrier?

- A) Colour-coded calendar
- B) Two-minute takeoff rule
- C) Gratitude journaling
- 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.



Share Your Tips & Journeys

We love hearing from you!


Have you tried the “two-minute rule” or colour-coded calendars?

Do you have your own hacks for managing RSD or daily focus?

Would you like to share how ADHD awareness has shaped your journey?

Email info@adhd-clinics.co.uk

— your story could feature in a future edition of ReFrame Weekly.

 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