

Dopamine Menu

Starters

Quick dopamine- 10-15 minutes

Take a few deep breaths.

Make a snack

Pet an Animal

Tidy up your space a little.



Main Dishes

Bigger breaks- hobby's that take more time

Read a book

Go for a swim or run

Have a bath

Play an instrument

Meditation



Sides

Done along side another task

Listen to music

Play a podcast

Call a friend

Use a stationary bike



Desserts

Done in moderation or you start to feel yucky

Scrolling on instagram/ tictok

Binging Netflix

Playing phone games

Eating a sweet treat



● *Specials* ●



Bigger events that aren't done as often

Take a trip to a new destination



Go to a concert

Get a mani/ pedi

Dining out

● ● ● ● ● Dopamine Menu ● ● ● ● ●

● Starters ●

Quick dopamine- 10-15 minutes

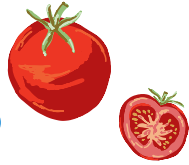


● Main Dishes ●

Bigger breaks- hobby's that take more time



● Sides ●



Done along side another task

● Desserts ●



Done in moderation or you start to feel yucky

● *Specials* ●

Bigger events that aren't done as often