

# DOPAMINE MENU

A dopamine menu is like a toolkit for happiness and motivation that you can refer to when you need a pick-me-up or a boost to get things done.

## STARTERS

*Things that take 10-15 minutes, like going on a short walk*

## MAINS

*Things that take about an hour, like playing a board game*

## SIDES

*Things you can do while doing something else, like listening to a playlist*

## DESSERTS

*Things that are good in moderation, like scrolling social media*

## **SPECIALS**

*Things that take a while and happen infrequently, like vacation*

## **SALADS**

*Things that you don't really want to do but you know will make you feel g0od*

*Suggested by Makela Elvy*

## **EXTRA SPACE**

*Some people also include Night Time Snacks - things that you can do to wind down for the night, like wear comfy PJs, follow a routine, etc.*

# SAMPLE DOPAMINE MENU

A dopamine menu is like a toolkit for happiness and motivation that you can refer to when you need a pick-me-up or a boost to get things done.

## STARTERS

*Things that take 10-15 minutes, like going on a short walk*

- Quick walk
- Quick stretching
- Changing your location
- Gratitude journal

## MAINS

*Things that take about an hour, like playing a board game*

- Exercise
- Taking a longer walk
- Playing a board game
- Reading
- Going out with a friend

## SIDES

*Things you can do while doing something else, like listening to a playlist*

- Listening to a podcast or playlist
- Coloring or drawing
- Knitting/crocheting
- Movement

## DESSERTS

*Things that are good in moderation, like scrolling social media*

- Scrolling social media
- Binge watching shows
- Alcohol/drugs
- Special treats (beverages, snacks)

## SPECIALS

*Things that take a while and happen infrequently, like vacation*

- Vacations
- Trip to town
- Trip to nearby waterfall, amusement park, etc.

## SALADS

*Things that you don't really want to do but you know will make you feel good*

- Workout
- Meal prepping

*Suggested by Makela Elvy*