

Dopamine Menu

Before creating a Dopamine Menu try tracking your dopamine habits using a Dopamine Diary. There may be healthy options that you have already that can transfer into your Dopamine Menu (there are likely to be less healthy options that you might want to drop or keep as occasional desserts. Fill in the menu with your own options or select from the examples.

Starter Quick activities that don't suck you in	Examples
	<p><i>use as a break or before beginning a more daunting task.</i></p> <ul style="list-style-type: none"> • Go for a walk • Yoga • Listen to a favourite song • Dance • Sit down with a hot coffee, iced coffee, or cup of tea • Tidy kitchen • Journal • Meditate • Warm shower • Have a snack • Drink water • Use Pinterest to get inspired
Main Activities that can take a bit longer	
	<p><i>can be scheduled activities or ones that help you wind down</i></p> <ul style="list-style-type: none"> • <i>Play a boardgame</i> • <i>Puzzle</i> • <i>Visit with a friend</i> • <i>Go to the park</i> • <i>Read a book</i> • <i>Play an instrument</i> • <i>Cook a meal</i> • <i>Bake something</i> • <i>Go out with friends or family</i> • <i>Have a nap</i> • <i>Physical activity</i> • <i>Other hobbies</i> • <i>Try something new</i>

<p style="text-align: center;">Sides</p> <p>Activities that you can accompany other activities to make them more enjoyable</p>	
	<p><i>could be short activities or stackable</i></p> <ul style="list-style-type: none"> • Audiobook • Music • White noise • Phone a friend • Body doubling • Light a candle • Put on diffuser • Play with fidget ring or toy
<p style="text-align: center;">Desserts</p> <p>Activities that don't make you feel great if you binge on them</p>	
	<p><i>Fine to order but maybe in moderation</i></p> <ul style="list-style-type: none"> • Scroll social media • Text • Watch a favourite TV show • Play video games • Go to Starbucks (or Costa?)
<p style="text-align: center;">Specials</p> <p>Activities that are expensive or less convenient</p>	
	<p><i>Might need planning ahead or kept for special occasions</i></p> <ul style="list-style-type: none"> • Book a vacation • Go to a concert, theatre, etc. • Online shop • Visit the nail salon • Get a massage

Adapted from <https://thenutritionjunkie.com/dopamenu-how-to-create-your-own-dopamine-menu/>