

Dopamine Menu

APPETIZERS (5-15 MINUTES)

- **Savour a Seasonal Drink:** Prepare and enjoy a warm drink, like a herbal tea, chai latte, or hot cocoa.
- **Aromatherapy Hit:** Light a seasonal scented candle or diffuser with comforting scents like vanilla or cinnamon.
- **Quick Movement:** Do a few gentle stretches, run up and down the stairs, or dance to one song. Physical activity is a major dopamine booster!
- **Fresh Air:** Step outside for a brief walk to get a quick dose of daylight

MAIN COURSES (30-60 MINUTES)

- **Creative Focus:** Read a book, work on a hobby, or spend time journaling your small moment of joy ("glimmers").
- **Social Connection:** Call a close friend or family member for a meaningful chat, or plan an in-person lunch.
- **Cozy Entertainment:** Have a feel-good movie marathon or start a binge-worthy show.
- **Indoor Nature:** Buy yourself lowers or an indoor plant to care for
- **Create something new:** Bake or cook a new recipe or meal

SIDES (COMPLEMENTARY REWARDS)

- Listen to an audiobook or podcast while cleaning a room.
- Put on a comforting playlist while completing a work task.
- Wear your comfiest clothes while doing household chores
- Sit on the couch with a weighted blanket while doing your computer work.
- Enjoy a piece of dark chocolate after finishing a workout.

DESSERTS - QUICK RUSH OF PLEASURE, USE IN MODERATION

- Set a timer for a phone game.
- Take an intentional nap.
- Order takeout from your favourite local spot.
- Scroll social media for a set amount of time (e.g., 10 minutes).

SPECIALS - LOOKING FORWARD TO IT (LESS FREQUENT)

- Plan a weekend trip or staycation.
- Explore a new restaurant or event in your city.
- Book a massage or spa treatment.
- Buy tickets to a concert or show.

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