

Dopamine Menu for Adults

family
action

1 Starters - for an immediate Dopamine boost Quick activities (less than 10 mins)

- Drink a cup of tea / Eat a healthy snack
- Water my plants
- Take a 10-minute sunshine break
- A quick meditation
- Complete a quick chore

2 Mains - for a bigger Dopamine reward Longer activities (at least 30 mins)

- Write in my journal
- Cook a new recipe
- Take the dog for a walk
- Learn a new skill
- Declutter a cupboard
- Go for a run
- Relax in the bath
- Meet up with a friend
- Start a DIY project
- Read a chapter of a book

3 Desserts - quick pleasures, must be moderated These usually have an addictive quality!

- Watch TV
- Online Shopping
- Scroll social media
- Order a take-away

Sides - add something to help complete tasks

- Play with a fidget toy / squeeze a stress ball
- Listen to a podcast
- Phone a friend
- Drink a coffee
- Body doubling*

*complete task in the presence of another person (either in-person or remotely)

Specials - advanced planning activities

- Go to a comedy show/concert
- Visit a day-spa
- Host a dinner party
- Redecorate a room

Drinks - helpful tips

- Set reminders for tasks
- Make tasks bitesize
- Sandwich fun & boring tasks



Dopamine Menu for Children/Young People

family
action

1 Starters - for an immediate Dopamine boost

Quick activities - when you only have 5-10 min

- Drink a glass of water / Eat a healthy snack
- Dance to my favourite song
- Play/sit in the garden for 10 minutes
- Cuddle a pet
- Make my bed

2 Mains - for a bigger Dopamine reward

For when you aren't short on time

- Watch a movie
- Do some colouring
- Complete some homework
- Start a craft project
- Play an instrument
- Do a jigsaw
- Do some baking
- Take the dog for a walk
- Play in the bath
- Tidy my bedroom

3 Desserts - quick pleasures, must be moderated

These usually have an addictive quality!

- Play a video game
- Watch TV/YouTube/Netflix
- Eat a sweet treat

Sides - add something to help complete tasks

- Play with a fidget toy / squeeze a stress ball
- Listen to music
- Say some words of affirmation
- Eat a small bar of chocolate
- Body doubling*

*complete task in the presence of another person

Specials - advanced planning activities

- Go on a family bike ride
- Play a board game with friends
- Go on a picnic
- Do a random act of kindness

Drinks - helpful tips

- Set reminders for tasks
- Make tasks bitesize
- Sandwich fun & boring tasks