

Create Your Dopamine Menu:

Boost Your Mood and Motivation!

What's a Dopamine Menu?

Your dopamine menu is a personalized collection of activities that give you a natural boost of happiness and motivation. By choosing activities that trigger your brain's reward system, you can boost mood, increase focus, and feel more energized.

Step 1: Know What Triggers Your Dopamine

Dopamine is the brain's "feel-good" chemical. It's released when we experience pleasure, reward, or satisfaction. Your dopamine menu should include things that make you feel good and motivated.

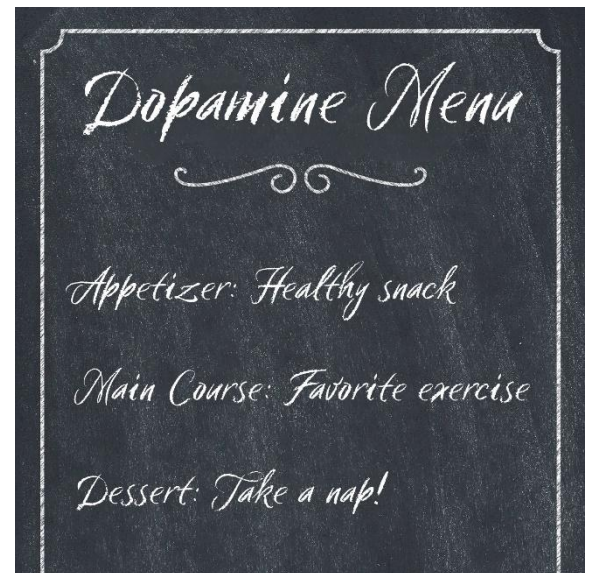
Step 2: Identify Your Dopamine Boosters

Your dopamine menu can be divided into three categories to make it easy to pick activities based on your mood and time: **Appetizers, Main Courses, and Desserts.**

Appetizers (Quick, Light Boosts – 5-15 minutes)

These activities are easy to do and give you a quick burst of dopamine in just 5-15 minutes.

- A 5-minute walk or stretch
- Listening to a favorite song
- Watching a funny video or meme
- A quick chat with a friend
- Enjoying a healthy snack
- Doing a simple puzzle or brain teaser



Main Courses (Satisfying & Rewarding)

These are your go-to activities that give you a longer-lasting sense of fulfillment and boost motivation.

- Exercising or taking a yoga class
- Writing or journaling
- Working on a creative project (painting, crafting, etc.)
- Reading a chapter of a book
- Learning something new (a language, a skill, etc.)
- Engaging in a hobby you love

Desserts (Feel-Good & Healthfully Indulgent)

These activities are your ultimate treats that leave you feeling fully satisfied and relaxed.

- Watching your favorite movie or show
- Taking a long bath or relaxing in nature
- Enjoying a delicious meal or dessert
- Spending time with loved ones
- Taking a nap or practicing deep relaxation
- Meditating or doing guided breathing exercises

Step 3: Create Your Menu with Artistic Flair

Now that you've identified your dopamine boosters, it's time to build your menu! Add your personal touch by incorporating creative elements. Use colors, images, or illustrations to make your menu visually appealing and fun to interact with. Whether you're designing it digitally or hand-drawing it, make sure it reflects your personality and feels inspiring to look at.

Step 4: Create a Balance

It's important to have a variety of options. Some activities will be quick and light (Appetizers), others will be more rewarding and fulfilling (Main Courses), and some will be indulgent treats (Desserts). Balance these categories to create a well-rounded menu!



Step 5: Use Your Menu!

Whenever you need a boost of motivation or energy, refer to your dopamine menu. Whether you're craving a quick pick-me-up (Appetizers), a satisfying session of productivity (Main Courses), or a sweet moment of relaxation (Desserts), there's something for every mood.

Pro Tip:

Rotate activities regularly to keep things fresh! Add new items to your menu often to keep your dopamine boost exciting and unpredictable.

Start creating your dopamine menu today and enjoy the benefits of natural motivation and happiness!

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