

Dopamine Boost Activity Menu

A quick reference guide of easy and healthy ways to increase your dopamine.



What is Dopamine?

Dopamine is a neurotransmitter released in the brain when you do activities that are pleasurable or enjoyable. When you are stimulated and release healthy amounts of dopamine, you teach your brain to go back to those activities. This is why junk food, sugar, and our phones are so addictive. These things trigger the release of large amounts of dopamine into our brains and make us want to continue repeating those experiences.

Why is Dopamine Important?

When you have healthy amounts of dopamine, you feel happy, motivated, and focused. If your dopamine levels are low or unbalanced, you may feel tired, unmotivated, unhappy, and you may experience memory loss, mood swings, sleep and concentration issues, and a low sex drive.

To maintain healthy dopamine levels, it's important to remind yourself of what healthy activities bring you joy, so you can engage more in those in your daily routine. Use this quick reference guide to incorporate healthy ways of increasing dopamine into your daily life.

APPETIZERS

Quick activities that don't take up your time, but still give you a burst of dopamine.

- Deep breathing
- Quick gym workout or stretching
- Jump around to a high-energy song
- Pet an animal
- Make the bed
- Do the dishes
- Take a warm shower
- Work on a crossword puzzle



MAIN DISHES

More time-consuming activities that excite you or make you feel alive.

- Read a book
- Meet a friend
- Cook or bake
- Journal
- Visit a park, hike, or go bird watching
- Meditate
- Swim, run, or walk your dog
- Go out for lunch or coffee
- Purge your closet/organize your drawers



SIDES

Things you can do with a boring task to make it more stimulating.

- Listen to a podcast
- Call a friend
- Watch a show
- Play music
- Make a task more challenging by timing yourself
- Enjoy your favorite beverage
- Walk on a walking pad or ride a stationary bike
- Dance to your favorite song

DESSERT

Activities that are tasty in moderation but can make you feel yucky if you have too much. Be aware that while these activities give you a burst of dopamine and just like dessert, too much can be harmful and unhealthy.

Do these activities sparingly.

- **Scroll social media**
- **Binge watch your favorite show**
- **Being on your phone**
- **Online shopping**
- **Play video games**



SPECIALS

These activities are like specials in a restaurant. They're not always available and can cost a bit more, but they're activities you love to do.

- **Go on a shopping spree**
- **Attend a concert or sporting event**
- **Go on a trip**
- **Visit a museum**
- **Get a spa treatment: manicure, pedicure, massage, facial, etc.**