



Put the dope in dopamine

Create a personalized self-care maintenance menu

What's dopamine and why do I care?

Dopamine is a brain chemical involved in motivation, focus, and reward. Everyday activities you enjoy can help you reset, get moving, or feel a little better.

3 moments to plan for

Bored

When you have downtime and want something engaging.

Need motivation

When you need help getting started or building momentum.

Stressed out

When you need to slow down, reset, or feel more grounded.

	 Bored	 Need motivation	 Stressed out
 APPETIZER quick	Take a quick walk outside.	Write down your next 3 things to do.	Stretch or take a few slow breaths.
 MAIN more effort	Make a playlist for a friend.	Reset your backpack, desk, or room.	Read something just for fun.
 SIDE alongside another task	Listen to music or a favorite podcast.	Put on a focus playlist.	Put on soft, clean, comfy clothes.
 DESSERT in moderation	Watch a favorite show or play a video game.	Grab a favorite snack or drink.	Spend a little time scrolling.



Small activities can make a meaningful difference.



_____’s personalized dopamine menu

	 Bored	 Need motivation	 Stressed out
 APPETIZER quick activities			
 MAIN longer or more effortful activities			
 SIDE can happen alongside another task			
 DESSERT enjoyable in moderation			

Notice what helps you feel a little better.
Then keep what works.



credit: Buffy Sallee