

What is a Dopamine Menu?

A dopamine menu is a personalized list of activities designed to increase dopamine levels naturally. These activities act as quick, positive reinforcements, helping individuals with ADHD feel more energized, focused, and motivated.

PHYSICAL ACTIVITIES**01**

- Going for a brisk walk or run.
- Dancing to a favourite playlist.
- Doing yoga or stretching exercises.

SENSORY ENGAGEMENT**02**

- Listening to upbeat or calming music.
- Eating foods with strong flavours, such as spicy dishes or sour candies.
- Engaging in aromatherapy, like smelling citrus or lavender.
- Use of kinetic sand, heavy work, or other physical feedback

CREATIVE OUTLETS**03**

- Drawing, painting, or journaling.
- Playing a musical instrument.
- Crafting or building something hands-on.

SOCIAL INTERACTION**04**

- Talking to a trusted friend or family member.
- Joining a group activity or game.
- Participating in an online community or support group.

MENTAL STIMULATION**05**

- Solving puzzles or playing brain games.
- Learning a new skill or hobby.
- Reading a book or watching an engaging documentary.