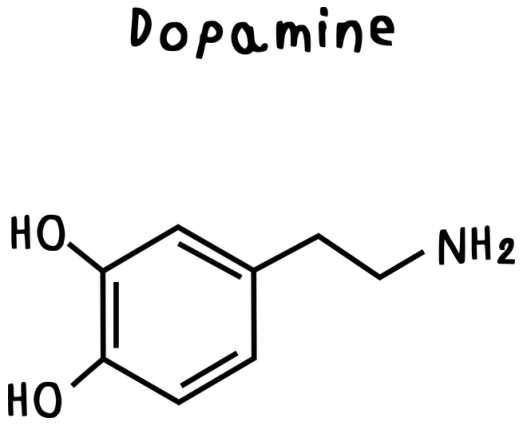
AUDHD CAFÉ©

DOPAMINE MENU



APPETIZERS (0 - 5 minutes)
Quick Hits when you need an instant boost:

- Favorite song on full volume (bonus: dance break)
- Cold water splash on face
- Step outside for fresh air
- Pet your animal (or look at cute animal videos)
- Stretch or do 10 jumping jacks
- Text someone you love
- Look at your favorite memes
- Smell something amazing (candle, coffee, essential oil)
- Quick win: make your bed, clear one surface

SATISFYING STAPLES (15 - 30 minutes)
Reliable favorites that always deliver:

- Move your body (walk, yoga, dance party, stretch)
- Creative time (doodle, color, craft, play music)
- Connect with a friend (call, FaceTime, coffee date)
- Organize or declutter one small space
- Cook or bake something delicious
- Take a shower/bath with your favorite products
- Garden or tend to plants
- Play with a hobby (puzzle, knitting, building something)
- Read something fun (not self-improvement!)

PASSION PROJECTS (1 - 3 hours)
The deeply satisfying main course

- Work on your creative project
- Deep dive into a special interest
- Quality time adventure (museum, hike, explore somewhere new)
- Learn something you're excited about
- Game time (video games, board games, puzzles)
- Binge your comfort show guilt-free
- Have a proper hangout with loved ones
- Work on a meaningful goal

NOURISHING LUXURIES (As needed)
For when your nervous system needs TLC

- Full rest day with zero obligations
- Long bath with all the things
- Massage or bodywork
- Nature immersion (beach, forest, park)
- Solo date doing exactly what YOU want
- Sleep in without guilt
- Therapy or coaching session
- Say no to something draining

All servings come with a generous side of self-compassion and grace.

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EMERGENCY DOPAMINE (no judgment zone)
When everything feels hard:

- Scroll guilt-free for 15 min (set a timer)
- Comfort food that hits the spot
- Cry if you need to
- Cancel plans and rest
- Ask for help
- Lower the bar to the floor
- Remember: rest IS productive!

PRO TIPS:

- Mix and match throughout your day
- What works today might not work tomorrow- that's normal
- "Should" does not belong on this menu
- Dopamine stacking = combining items for extra joy
- Keep this menu visible for those "what do I even like?" moments

ANY IDEAS NOT LISTED ON THIS MENU?
Write them here- the chef is always open to suggestions!

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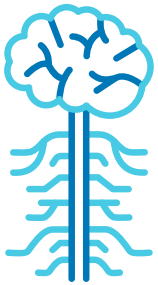

***Please let the chef know if you have any sensory sensitivities**
All servings come with a generous side of self-compassion and grace.*

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