



**MARYLAND
HEALTH CARE
COALITION**
Against Domestic Violence



Dopamenu

A **dopamenu** (or “dopamine menu”) is a simple self-care tool used to help boost motivation and mood in a healthy, intentional way.

It’s basically a **personal list of activities that give you a small dopamine boost**—the brain chemical associated with pleasure, reward, and motivation—without relying on habits that can be draining or unhealthy (like endless scrolling).

A typical dopamenu is organized into categories, similar to a food menu:

- **Starters** – quick, easy boosts
Examples: stretching, stepping outside, listening to one song, deep breathing
- **Main courses** – more engaging activities
Examples: a walk, creative work, exercise, cooking, focused work sessions
- **Sides** – things you can pair with other tasks
Examples: lighting a candle, playing background music, drinking tea
- **Desserts** – enjoyable but best in moderation
Examples: social media, TV, treats

The idea is to **choose intentionally** from your menu when you feel stuck, overwhelmed, or low on energy—especially helpful for stress, burnout, ADHD, or emotional fatigue.



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My Dopamenu

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