

How to Create your personal Dopamine Menu

Start by writing down things that bring joy – it could be your favorite travel destination, a cup of coffee, a song, dancing, or shopping. Use the blank list page 2 to help brainstorm ideas.

Fill In Your Menu:

Next, determine which items are realistic for your current lifestyle and separate them into the appropriate menu categories. Add in and remove activities as you go, write them out in a colorful notebook, and place your menu somewhere out in the open where you'll always see it. The next time you're feeling stuck, bored, or uninspired, refer to your dopamine menu, choose something off your list, and get the dopamine fix your brain and body need.

Use the blank list on page 3 to create your own personalized menu. Having trouble getting started? Use the Dopamine Menu suggestions found on page 4 which include some Detroit specific activities.

See our August 2026 Newsletter for more tips and suggestions at visit **henryford.com/services/at-home/hospice/support**

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Like this recommendation? Sign up for our monthly newsletters by calling the Bereavement Team at **586-276-9576** or visit **henryford.com/services/at-home/hospice/support** for digital copies of our monthly newsletters and additional grief support information.

what brings
you

JOY

Things that are Free

To Do with Others

For Special Occasions

To Engage the Senses

Every. Single. Day.

d o p a m i n e

M E N U

Specials.

Big Events

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Appetizer.

5 - 10 Minutes

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Entree.

1 hour or More

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Sides.

To Help with Tasks

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Dessert.

In Moderation

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☐
☐
☐

Appetizer.

5 - 10 Minutes

- ☐ Quick breathing exercise
- ☐ Have an iced coffee/fresh fruit
- ☐ Stretch outside
- ☐ Cuddle a pet
- ☐ Make the bed
- ☐ Turn on a summer playlist
- ☐ Be in the sun
- ☐ Doodle/draw
- ☐ Tidy a drawer
- ☐ Create a gratitude list

Sides.

To Help with Tasks

- ☐ Light a candle
- ☐ Call a friend
- ☐ Listen to music/podcast/book
- ☐ Use aromatherapy

Specials.

Big Events

- ☐ Book a getaway up North
- ☐ Go to a Tigers game
- ☐ Take a class
- ☐ Plan a garden
- ☐ Volunteer/random act of kindness

Entree.

1 hour or More

- ☐ Take a walk on Belle Isle
- ☐ Work on a puzzle
- ☐ Watch a movie or read a book
- ☐ Visit Eastern Market
- ☐ Go to the pool
- ☐ Write/journal
- ☐ Craft/create artwork
- ☐ Plant some flowers
- ☐ Take a bike ride
- ☐ Visit the Detroit Institute of Arts

Dessert.

In Moderation

- ☐ Eat a sweet treat
- ☐ Scroll on socials
- ☐ Order takeout
- ☐ Buy a plant or fresh flowers