

A Dopamine Menu Template for ADHD Brains



Use this dopamenu template to create your own list of pleasurable, healthy activities to stimulate your ADHD brain when its battery has run out. Visit additu.de/dopamenu for more ideas.

Appetizers

Quick activities (one minute of jumping jacks, working on a crossword puzzle, listening to a favorite song...)

Entrées

Time-consuming activities (playing guitar, walking the dog, cooking or baking...)

Sides

Activities to do alongside boring tasks (using a fidget, listening to an audiobook, enlisting a body double...)

Desserts

Time-sucking, unproductive 'treats' (scrolling social media, ruminating, texting...)

Specials

Occasional activities that require planning or money (taking a vacation, attending a concert, getting a massage...)

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