

Small
Choices
Big Shifts
Brighter
Tomorrows



Dopamine Menu

for Women with ADHD

ADHD + MIDLIFE RESOURCE SERIES

A dopamine menu is a list of supportive activities you can choose from when motivation is low or your brain feels stuck. Different things work on different days – pick what feels good, not what you “should” do.



Different
Brains
Brighter
Lives



More
Moments
That Feel
Like You



KINDER

CALMER

STRONGER

BRIGHTER YOU

Quick Boosts

Small things. Real impact.

- ☐ Play a favourite song (or a whole playlist!)
- ☐ Drink a glass of cold water
- ☐ Do a tiny task (2 minutes)
- ☐ Get some sunlight
- ☐ Text a friend



Music
moves
mood



Low Energy Options

Gentle, doable, nourishing.

- ☐ Sip a warm tea or favourite drink
- ☐ Sit outside (even for 5 minutes)
- ☐ Do a one-song tidy
- ☐ Gentle stretch or breathing
- ☐ Take a warm shower or bath



Good
Things
Still Count



Movement

Move your body, lift your mood.

- ☐ Go for a walk (nature is a bonus!)
- ☐ Dance to a favourite song
- ☐ Try some light weights or resistance bands
- ☐ Do a short mobility routine or stretch



Movement
Creates
Momentum



Connection

You're not meant to do this alone.

- ☐ Body double (in person or online)
- ☐ Send a voice note to someone you trust
- ☐ Have a coffee or tea with a friend
- ☐ Reach out – even a quick “thinking of you” text



Good
People
Brighter
Days



Novelty

A little newness can spark interest.

- ☐ Take a new route
- ☐ Listen to a new podcast or audiobook
- ☐ Change your environment (a different room, café, library)
- ☐ Try a small treat (new snack, flavour, or experience)



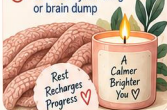
Curiosity
Feeds
Dopamine



Calm and Cozy

Create a sense of safety and ease.

- ☐ Wrap up in a blanket
- ☐ Use a favourite scent (candle, essential oil, lotion)
- ☐ Turn on soft lighting
- ☐ Watch a comforting show
- ☐ Do a little journaling or brain dump



Rest
Recharges
Progress

A
Calmer
Brighter
You



Accomplishment

Tiny wins build big momentum.

- ☐ Do a 2-minute task
- ☐ Set a timer for 5–10 minutes and make a start
- ☐ Cross one thing off your list (even something small)



Small
Steps
Brighter
Days



Build Your Own Go-To List

What else gives you a boost?
Add your own ideas here:

- ☐ _____
- ☐ _____
- ☐ _____

Your Menu
Your Rules
A Brighter You



Greater Understanding
Brighter Tomorrows



Want to know more?

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