

DOPAMINE MENU

For girls and young women

Feel better. Get motivated. Find what works for you. ♥

SAME
BIG FEELINGS
BRIGHT IDEAS
DIFFERENT PATHS
♥

You
got this ♥

Small
Choices
Brighter
Days ♥

QUICK BOOSTS

- ♥ Listen to your favourite song
- ♥ Dance it out ♥
- ♥ Cold drink or snack
- ♥ Funny video

Small things
can make a big difference. ♥

MOVEMENT

- ♥ Walk
- ♥ Stretch
- ♥ Dance
- ♥ Quick workout

Move your body.
Lift your mood. ♥

CREATIVE FUN

- ♥ Draw
- ♥ Make something
- ♥ Play music ♥
- ♥ Journal ♥

Your creativity
counts. ♥

CONNECTION

- ♥ Text a friend
- ♥ Hug a pet ♥
- ♥ Join a group
- ♥ Talk to someone safe

Real connections
fill your cup. ♥

CALMING

- ♥ Breathe
- ♥ Shower ♥
- ♥ Listen to calm music
- ♥ Cozy corner

A calmer mind
helps you shine. ♥

WHEN I HAVE ZERO MOTIVATION

- ♥ Put on a comfort show
- ♥ Do one tiny task for two minutes ♥
- ♥ Body double
(be with someone while you do it)
- ♥ Remind yourself it matters ♥

Progress, not perfection. ♥

Dopamine fuels
a brighter tomorrow. ♥



Want to know more?
Visit leanneatkinson.ca

Different
Brains
Brighter
Futures ♥