

# Dopamine Café

## MY SELF-CARE STRATEGIES

### Starters

Quick Boosters w/little  
set-up  
Getting into The  
Zone

making and drink coffee  
stretches/body movement  
Standing in the sunlight  
crunchy snack



### Sides

Add-ons to tasks to make  
them more engaging

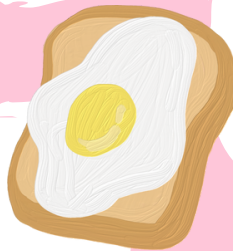
fidget toy  
Music  
crunching carrots  
cute office supplies & pens



### Mains

Bigger boosts with bigger  
reward

Taking dog for a walk  
Gardening  
Board games w friends  
Crafting



### Desserts

Splurges done in  
moderation.

Scrolling social media  
Sugar / sweets  
Video Games  
Junk TV

