

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 on 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 menu categories. Add in and remove activities as you go. Once you write them all out, place your menu somewhere where you'll always see it. Hang it on your fridge, the back of your front door, in your office, etc. The next time you're feeling stuck, bored, or uninspired, refer to your dopamine menu, choose something (or a few things) 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**

Sign up for newsletters:

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

Appetizer.

5 - 10 Minutes

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Sides.

To Help with Tasks

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Specials.

Big Events

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Entree.

1 hour or More

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Dessert.

In Moderation

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Appetizer.

5 - 10 Minutes

- ☐ Quick breathing exercise
- ☐ Have an latte or spiced tea
- ☐ Stretch outside
- ☐ Cuddle a pet
- ☐ Make the bed
- ☐ Turn on a soothing playlist
- ☐ Take a picture of fall colors
- ☐ Doodle/draw
- ☐ Tidy a drawer
- ☐ Create a gratitude list

Sides.

To Help with Tasks

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

Specials.

Big Events

- ☐ Book a getaway up North
- ☐ Attend a show at the Fox
- ☐ Take a class
- ☐ Plan a fall dinner party
- ☐ 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 a cider mill
- ☐ Write/journal
- ☐ Craft/create artwork
- ☐ Plant seeds for next year
- ☐ Bake a pumpkin pie
- ☐ Visit the Detroit Institute of Arts

Dessert.

In Moderation

- ☐ Eat a sweet treat
- ☐ Scroll on socials
- ☐ Order takeout
- ☐ Buy and plant mums