

Your Dopamine Menu

Fill this in now, while you're calm — so the next time a craving hits, your brain has somewhere better to go than the phone. Stick it on the fridge.

Appetizers

UNDER 5 MINUTES

e.g. a loud song, cold water on your wrists, 20 jumping jacks

Sides

ABOUT 15 MINUTES

e.g. a walk around the block, one episode, a quick tidy

Mains

AN HOUR OF JOY

e.g. the hobby you never “have time” for

Specials

FREE & ALWAYS AVAILABLE

e.g. a hug, stretching, water on your face, sunlight
