My Dopamenu

When your brain wants a hit, the default becomes the doom-scroll. A dopamine menu pre-decides your options, so “I need a dopamine hit” has an answer that isn’t your phone. Fill it in while you’re calm.

Appetizers

Quick 2–5 min hits. A song, cold water, one lap of the block.

Mains

The substantial stuff that actually satisfies. A hobby, a workout, a project you love.

Sides

Pair these with a boring task to make it doable. Music, a podcast, gum, a body-double.

Desserts

Feel good but easy to overdo. Enjoy on purpose, not by default. Cap these.

One move: keep it where the trap is. Pin it by your desk, or snap a photo for your lock screen. The menu only works if it’s faster to reach than the phone.