



Self-Care: Dopamine Menu

Compassion fatigue, burnout, & secondary trauma can be prevented; however, doing so requires an intentional awareness of the activities that bring us joy and help us reconnect with ourselves.

As we move about our lives, we often experience decision fatigue, *the idea that after making many decisions, it becomes more and more difficult to make another one*. The goal of this worksheet is to help you brainstorm ideas so that you have one less decision to make when you need a coping strategy. Visible reminders, such as this menu, help to reduce decision fatigue and help remind us what brings us joy.

Fill out the four sections below with activities or things that bring you joy. They are divided by the time and effort the item may require.

Appetizers Quick bursts of joy that take less than 10 minutes (e.g. walks around your neighborhood, a yummy snack, a dance break)	Entrees Big things that make you feel excited to be alive (e.g. playing an instrument, quality time with friends, your biggest passions)
Sides Activities you can overlap with understimulating tasks to make them more interesting (e.g. playlists, podcasts, standing/walking while working, racing against the timer)	Desserts Typical go to's that are fun in moderation but can feel numbing in excess (e.g. scrolling through social media, TV binges, video games)

To learn more about this activity, visit: <https://www.youtube.com/watch?v=-6WCkTww6xg>