

Dopamenu

Touch	Sight
<ul style="list-style-type: none"><input type="checkbox"/> Snuggle a soft blanket<input type="checkbox"/> Stroke your pet<input type="checkbox"/> Hug someone<input type="checkbox"/> Apply lotion to your hands<input type="checkbox"/> Sit in a warm or sunny spot<input type="checkbox"/> Take a warm bath or shower<input type="checkbox"/> Take a short walk or stretch<input type="checkbox"/> Find out about local transportation<input type="checkbox"/> Touch a tree<input type="checkbox"/> Roll a ball under your bare feet<input type="checkbox"/> Walk barefoot on a textured surface<input type="checkbox"/> Dance in a dark room<input type="checkbox"/><input type="checkbox"/>	<ul style="list-style-type: none"><input type="checkbox"/> Look out the window<input type="checkbox"/> Paint or doodle<input type="checkbox"/> Work on a jigsaw puzzle<input type="checkbox"/> Take a picture of something lovely<input type="checkbox"/> Look at the clouds<input type="checkbox"/> Appreciate a piece of art<input type="checkbox"/> Read a page of a good book<input type="checkbox"/> Tidy a surface or organize a drawer<input type="checkbox"/> Make your bed<input type="checkbox"/> Watch a video of your favorite animal<input type="checkbox"/> Work on a "100 Dreams" list<input type="checkbox"/> Study a leaf from your yard<input type="checkbox"/><input type="checkbox"/>
Smell + Taste	Sound
<ul style="list-style-type: none"><input type="checkbox"/> Savor a cup of tea<input type="checkbox"/> Light a candle<input type="checkbox"/> Have a small piece of chocolate<input type="checkbox"/> Sniff a lemon<input type="checkbox"/> Drop of essential oil on your wrist<input type="checkbox"/> Slowly eat a piece of fruit<input type="checkbox"/> Chew gum<input type="checkbox"/> Sniff your kitchen spices & herbs<input type="checkbox"/> Smell your partner's cologne, lotion or deodorant<input type="checkbox"/> Put a drop of eucalyptus or lavender in your shower<input type="checkbox"/> Smell leather or an old book<input type="checkbox"/><input type="checkbox"/>	<ul style="list-style-type: none"><input type="checkbox"/> Listen to a favorite song<input type="checkbox"/> Cue up a video of babies laughing<input type="checkbox"/> Listen to a comedy podcast<input type="checkbox"/> Play rain sounds on YouTube<input type="checkbox"/> Listen to a crackling fire video<input type="checkbox"/> Hum or sing<input type="checkbox"/> Call a loved one<input type="checkbox"/> Listen to a Netflix concert of a favorite band<input type="checkbox"/> Listen to the birds (outside or a birdsong video)<input type="checkbox"/> Play a musical instrument<input type="checkbox"/> Listen to ASMR with headphones<input type="checkbox"/><input type="checkbox"/>