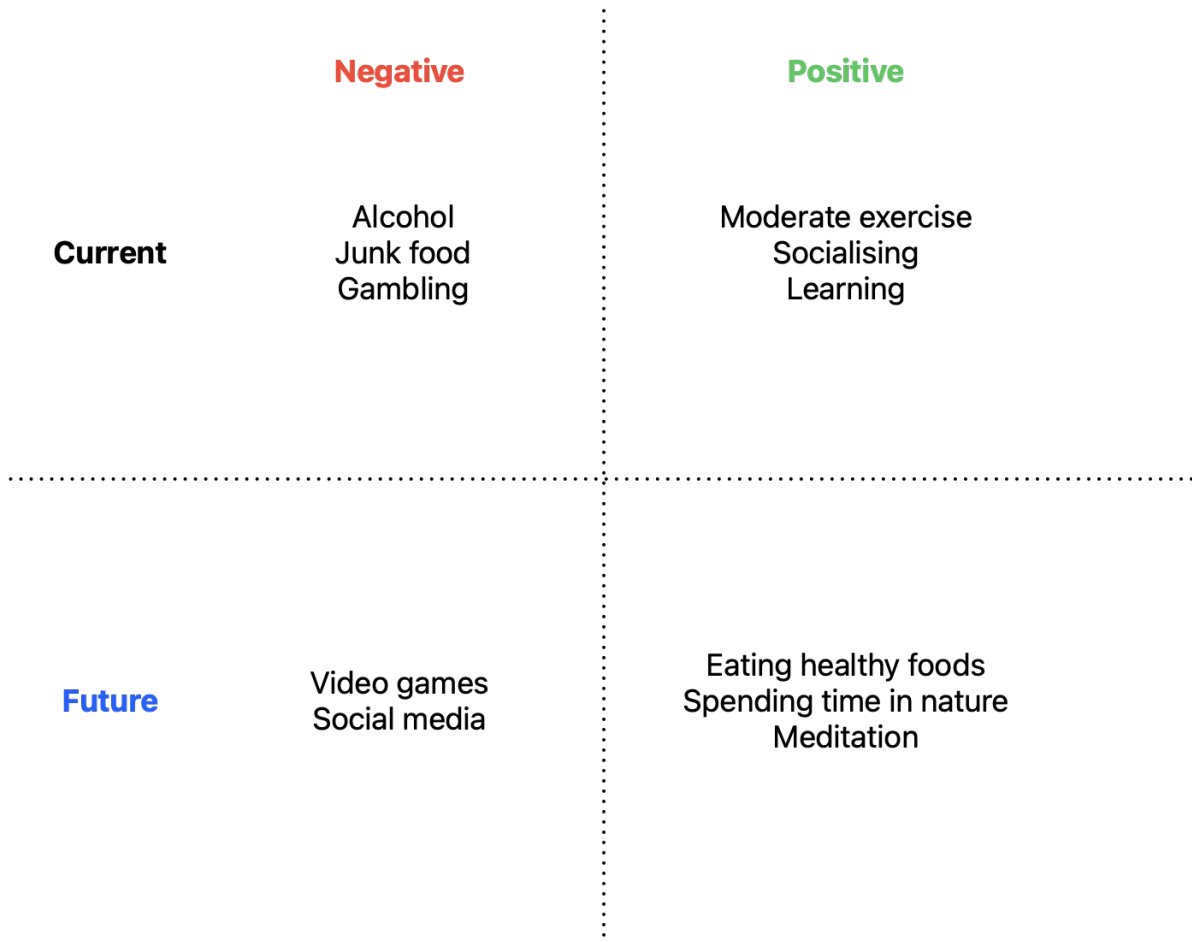


DESH MOFIDI

COUNSELLING

THE DOPAMINE MAP



Dopamine is a neurotransmitter -a chemical in the brain that is associated with making us feel good. Whether you reach a goal, get drunk, experience joy through connection with others or exercise – dopamine is the main player that helps us to experience those positive vibes.

In a world where we can get quick and easy access to dopamine, we need to understand the difference between good and bad sources of dopamine. Just as we need to be mindful of what foods we eat, we need to be conscious of how much dopamine we are being exposed to and how easily we are exposed to them. There is such a thing as having too much dopamine, as it can negatively impact our mental health.

The top half of the diagram displays the current levels of dopamine you are getting, from good and bad sources. The bottom half is what sources of dopamine you would like to be exposed to. This can help you prioritise where your dopamine is coming from.