

## The Dopamine Fast

A **“Dopamine Fast”** (detox) refers to a period of intentionally abstaining from pleasurable but potentially distracting activities like social media, video games, junk food, or other sources of quick gratification. The practice is meant to help reset reward sensitivity and improve focus.

**Avoid highly stimulating activities** for a set period (usually 24 hours to a week).

### **Common restricted activities include:**

- Social media and smartphones
- Video Games
- Internet browsing
- Processed/sugary foods
- Netflix/streaming services
- Online shopping

### **Instead, patients are encouraged to engage in:**

- Reading books
- Exercise
- Meditation
- Nature walks
- Creative activities
- Face-to-face conversations
- Simple, healthy meals

See our **[“Dopamine Self-Evaluation Screening”](#)** handout at **[HealthQuestRadio.com](http://HealthQuestRadio.com)** under **[Healthy Handouts](#)**.