



DOPAMINE BOOSTERS

adhdstrategies.ca

Z	J	O	T	I	K	F	T	E	C	A	F	F	E	I	N	E	P
B	S	R	Q	R	F	C	L	S	Y	V	X	Y	A	L	P	L	S
A	S	I	N	Z	G	A	K	I	K	I	O	I	O	A	N	U	Y
E	S	M	N	G	U	W	T	C	C	X	L	D	C	T	N	E	T
A	V	T	Q	G	Z	R	W	R	E	B	H	H	A	S	Z	S	I
I	V	G	H	A	D	S	H	E	Y	P	N	B	H	I	T	P	V
D	E	C	N	A	D	F	S	X	L	N	C	I	L	O	U	K	I
E	S	U	G	H	S	T	E	E	W	S	N	A	K	Y	D	N	T
M	L	J	Y	T	V	W	K	W	M	E	I	L	C	C	A	I	A
L	A	D	H	P	C	Y	Q	Y	G	C	D	M	D	N	B	L	E
A	M	T	G	H	N	Q	J	I	O	B	S	T	R	O	P	S	R
I	I	E	P	M	V	K	S	S	U	L	V	H	O	Z	W	U	C
C	N	R	T	N	E	M	H	S	I	L	P	M	O	C	C	A	Y
O	A	N	J	T	B	E	R	E	D	U	T	I	T	A	R	G	Y
S	U	Q	G	N	I	E	G	N	I	B	J	V	I	I	K	K	L
S	T	N	E	M	I	L	P	M	O	C	Y	E	N	I	P	K	M
O	E	C	Q	X	B	I	B	R	U	N	A	T	U	R	E	R	M
C	P	T	K	Q	W	I	S	R	K	S	R	T	A	N	M	K	A

With ADHD, getting started and staying on track can be tough, but dopamine can help! This word search is full of ideas to give your brain a motivation boost. Some are quick pick-me-ups (like sending a compliment), others last longer (like exercise), and a few are fun but not always productive (hello, social media binge!).

As you find the words, think about which strategies work best for you —especially the ones that feel good and help you get things done.

Word Bank

The hidden words can be any direction, as well as upside down or backwards.

socialize	compliments	dance	sports	gratitude	social media
animals	bingeing	exercise	sweets	sunshine	nature
sing	accomplishment	laugh	play	caffeine	creativity