



Natural vs. Unnatural Dopamine Release

NATURAL RELEASE

- Reading
- Sunlight
- Exercising
- Meditating
- Adventures
- Cold showers
- Pursuing goals
- Sitting in nature
- Listening to music

UNNATURAL RELEASE

- TV
- Pornography
- Drugs
- Alcohol
- Shopping
- Junk food
- Video games
- Social media
- Caffeine / nicotine

THE TAKEAWAY

Natural sources release dopamine gradually and sustainably. Unnatural sources spike it fast — leading to bigger crashes, tolerance, and a harder time feeling satisfied by the little things.