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COACH. SPEAKER. WORKSHOPS



THE GUIDE

BOOST YOUR DOPAMINE NATURALLY

**DOPAMINE DEFICIENCY & ALCOHOL: WHY
YOU FEEL FLAT (AND HOW TO FIX IT)**

Unlock Your Brain's Potential and Feel Good—Without a Drink

“It's normal to feel flat after years of getting unnatural chemical highs from alcohol. Be patient- you can gradually create more moments of joy with the healthier things in life.

Sarah Connelly”

Feeling Unmotivated, Flat, or Like Nothing Brings You Joy?

You're not alone. After drinking regularly for months or years, it's normal to feel like life has lost its spark. That sense of blah you're feeling? It's likely not just in your head—it's a sign of dopamine deficiency.

Let's break it down...

What Is Dopamine?

Dopamine is your brain's "motivation molecule." It plays a crucial role in:

- Pleasure and reward
- Focus and attention
- Drive, passion, and goal-setting
- Memory and learning
- Movement and energy

But when you drink alcohol—especially frequently or in large amounts—your natural dopamine system gets hijacked.

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How Alcohol Disrupts Dopamine Levels

At first, alcohol floods your brain with dopamine. That's why you feel buzzed, relaxed, or sociable.

But over time, this happens:

Downregulation: Your brain reduces its own dopamine production and receptor sensitivity to protect itself from overstimulation.

Tolerance: You need more alcohol to feel the same “reward.”

Deficiency: Without alcohol, you feel low, flat, bored, restless—because your natural dopamine levels have tanked.

This is why even after you stop drinking, it can take time to feel like yourself again.

Good News: Your Brain Can Heal

Thanks to neuroplasticity, your brain can rewire and rebuild—but it requires two key ingredients:

1. **Repetition of new, healthy dopamine-seeking habits**
2. **Rewarding those habits to reinforce new neural pathways**

20 Natural Ways To Boost Dopamine – No Alcohol Required

Note: These may seem obvious, and not perhaps as 'sexy' as a dry Martini, but they work, if you take action. Knowledge is not enough, you have to 'do the things' to create the changes you want.

1. **5 Foods That Boost Dopamine:** Eggs, Bananas, Almonds, Fatty Fish and Cheese (Yay!)
2. **Exercise** (especially HIIT or strength training)
3. **Cold exposure** (showers, ice baths)
4. **Sunlight** (get 10–15 minutes daily)
5. **Laughter** (watch, read, or do something funny)
6. **Listening to music** you love
7. **Learning something new** – a language or creative activity
8. **Making progress toward a goal** – Achievement
9. **Daily gratitude practice** – Write down 5–10 things you appreciate each day
10. **Breath-work** (e.g., physiological sigh, 2 short breaths in, one long breath out)
11. **Creating art or music**
12. **Meditation** (dopamine rebound effect)
13. **Dopamine fasting** (reduce instant gratification like social media, sugar)
14. **Prioritising sleep** – Aim for a regular sleep routine.
15. **Time in nature** or with animals
16. **Acts of kindness** or giving back
17. **Connection** with people you trust
18. **Playing games**, puzzle or crosswords
19. **Setting and celebrating** mini goals
20. **Massage** or physical touch

The Power Of Repetition

How Repetition Rebuilds Dopamine Balance

Think of your brain like a hiking trail. Alcohol carved a deep, familiar path—your default route. To create a new trail (dopamine from healthy sources), you need to:

- Walk it every day
- Celebrate small wins to reinforce it
- Stay consistent—even when it feels hard

Each time you choose a different reward, your brain gets the message: This is the new normal.

The Magic Formula: Repetition + Reward = Rewiring

When you do something that feels good and aligns with your values, and repeat it often, your brain starts to prefer it over the old pattern. That's healing.

Final Thought

If you've been drinking to feel better and now feel worse without it—this guide is your sign: you're not broken, you're rewiring. And with the right strategies, your dopamine system can not only recover—but thrive.

Wishing you success,

With love and encouragement

Sarah Connelly



**IT'S TIME TO
DISCOVER
THE
JOY
OF MISSING OUT!**