

Daily Dopamine Making Life More Vibrant

Dopamine Dressing

I'm sure most of you are wondering what exactly does daily dopamine mean. This idea comes from a recent trend called "[dopamine dressing](#)," which encourages people to dress more creatively and break free from traditional fashion norms, and dress in whatever way makes you happy. The goal of daily dopamine is to boost happiness and find ways to make life more interesting and exciting every day, even in the smallest ways. I chose to dress in this way every day in order to bring a little joy and color into my daily life.

So, what exactly is dopamine dressing? When it comes to dopamine dressing, *maximalism* is the name of the game. This can mean wearing colorful outfits, clashing patterns, lots of jewelry and accessories, funky shoes, or anything you can think of. One of my favorite examples of dopamine dressing is the influencer [Luna Lindsay](#).



I have embraced this trend in the last few years, and it has genuinely been an incredible experience. While I still struggle with mixing patterns or knowing what goes well, the confidence I've gained in wearing things that just make me genuinely happy is wonderful. In embracing dopamine dressing, I feel like I've really grown into myself more, found my personal style and become more confident in who I am.

I know dressing in a way that stands out so much can seem daunting, but you'd be amazed at the responses you get from others! So many people have told me that they love my style, they love how colorful I am and that I have a unique sense of style. People genuinely love to see other's creativity and originality. Whenever I'm out I get at least one compliment from strangers on what I'm wearing, on my rings, my bag and even my nails.

If you think dressing in such an eccentric way seems too difficult or



you don't know where to start, ***you can do it!*** I'm someone who attended Catholic school for 12 years and spent my entire adolescence in uniforms and had no idea what their personal style even was. The best part about dopamine dressing is that it can be whatever you want it to be.

By just wearing what makes you happy or wearing things you enjoy, you're already embracing dopamine dressing.

What are you going to wear that brings you joy? Please share your thoughts in the comments.

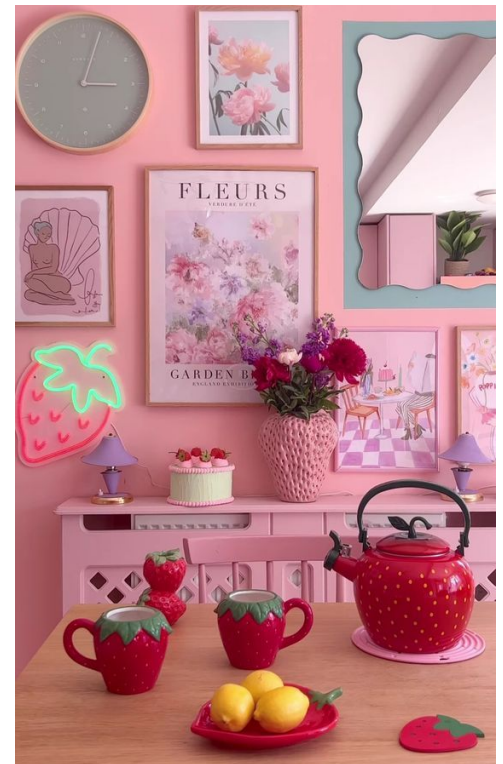
Dopamine Decor

One of the best things about daily dopamine is that it doesn't just stop at what you wear, it can be embraced in any aspect of your daily life. Although minimalism and the clean white aesthetic is currently popular in interior design, that doesn't mean it's what you have to do. **Dopamine decor** is a great way to bring life, personality and individuality into your home.

I think a lot of people hesitate when it comes to personalizing their homes because of the fear that everything needs to match or be cohesive, but design doesn't need to make sense. Life becomes much more fun when you realize not everything has to have rhyme or reason, and you can do something simply just because you like it. I have started to buy silly knick-knacks just because I like them, I've ignored the fear of clutter on my shelves, and put out decor that makes me happy.



Minimalism has become so popular, I think it has pulled us away from embracing the little joys of life. The goal of daily dopamine is to feed into the things that bring us joy and make us happy. When it comes to decor, that can mean buying the cute little knick-knack that doesn't serve a purpose, hanging up art even if it doesn't all match, or painting walls something other than beige or cream. I am a big fan of filling my walls with decor, pictures, pieces of my life, shelves, and tchotchkes. I have photos of my friends and family, I have decorative art pieces, I have my vision board for the year, I have shelves hung that are filled with memories, souvenirs and



vases, and candles. Your home is the one place you can do absolutely anything you want. Why wouldn't you want to reflect the things you love?

The best way to start dopamine decor is by abolishing the idea that everything must match and be cohesive. A great way to embrace this trend is with *funky wallpaper*. Wallpaper has had a resurgence in the last few years and has become a great way to make a statement in your home in a fairly easy way. If a funky wallpaper seems like too much commitment, you don't have to start big! You can start by doing a wall in your smallest bathroom, or tucked into a little alcove to liven up an otherwise boring cubby.

The most important part is making your home feel like you and reflect your interests. You want your space to bring you joy, boost your mood, and be an escape from daily life.

Life is too short to be boring, so what is your first step into dopamine decor going to be?

Dopamine Dinner

As an adult, it can be difficult to see your friends and the people you care about regularly. Everyone is busy with their own lives. People work, schedules conflict, and coming together becomes harder and harder. A way my friends and I have tried to combat this is by hosting **themed “dinner parties”** every few months as a way to spend time with each other before our hectic schedules take over once again. I say “dinner parties” in quotes because it's not always dinner. Sometimes it's a brunch or a picnic in a park, but it's a reason to get together nonetheless.

Dopamine dinner is an encouragement, or possibly even an excuse, to bring everyone together, dress up, and enjoy each other's company. The best thing about dopamine dinner is that it can be anything you want it to be. It can be done seasonally. For example, my friends and I have done a summer solstice dinner party for summer and a “season of the witch” dinner party for fall. Or if dinner isn't your vibe, you can do brunch, or even just a casual picnic in the park on a warm day.



I know the thought of hosting a dopamine dinner seems like it can become overwhelming. Too much work, too much money, or too much to handle in general, but the best part is that it can be as mundane or magnificent as you want it to be. If you want an excuse to dress up, it can be a full dinner party with drinks, a meal, and a group activity. Or it can be a cozy potluck where everyone contributes a dish, and you come in your pajamas to watch movies.



This year I moved away from home to attend graduate school, and for my farewell party I had a simple picnic in the park with my friends. We brought blankets to sit on, some snacks and drinks, we wore bright summer colors and just enjoyed each other's company.

Coming together doesn't have to be difficult, and it doesn't even need to be pretty. It just needs to be done.

Because there's no better dopamine than being with the people you love.

What's your next dopamine dinner theme going to be?