






HEALING WITH JING
LONDON

BUILDING YOUR ENERGY & SELF-CARE TOOLKIT CONTINGENCY HAPPINESS KIT

My Feel-Good Toolkit

Instructions: Sometimes we all need a boost. This worksheet helps you list things that lift your mood or recharge your energy. Break them into three categories depending on how much time or energy they require.

Categories:

-  Quick Boost (2–5 minutes): Fast and simple mood lifters
-  Medium Boost (10–30 minutes): Things that take a little more time
-  Deep Recharge (1 hour or more): Activities that really fill your tank

Examples:

- Quick Boost: Hug my pet, open the window for fresh air, stretch for 2 mins
- Medium Boost: Listen to music I love, go for a short walk, call a friend
- Deep Recharge: Take a bath, visit nature, do a creative hobby



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Your Feel-Good Toolkit:

Category	What Makes Me Feel Better
<i>Quick Boost</i> (2–5 minutes)	
<i>Medium Boost</i> (10–30 minutes)	
<i>Deep Recharge</i> (1 hour or more)	

Reflection:

- Are there activities I used to enjoy but haven't done in a while?
- Are there new ones I want to try?