



My Ultimate Coping Playlist

Music can help us by improving focus, relaxing our brains and releasing feel good chemicals called Dopamines.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided to create your mood altering playlist.

FOR AMUSEMENT

Song that gets stuck in my head

Song I know all the words to

Song from my favorite movie or tv series

TO UPLIFT

Song I associate with freedom

Song that gives me energy

Song that wakes me up



FOR DIVERSION

Song that makes me feel safe

Song that helps me think positively

Song that inspires me

TO DISCHARGE

Song for when I get anxious/worried

Song for when I get angry or annoyed

Song for when I feel lonely or afraid

FOR STRONG EMOTIONS

Song that reminds me of a good memory

Song that makes me think of a loved one

Song to remind me that I am loved