

# Ultimate Coping Playlist



Listening to music is a great way to impact our feelings. Write in song ideas below to make a playlist that can help you cope with strong feelings.

## Entertainment



A song that stays stuck in your head when you hear it.

A song you know all the words to.

Your favorite song from a movie.

## Revival



A song that represents freedom

A song that you'd listen to fall asleep.

A song that makes you feel pumped up.

## Strong Sensation



A song that reminds you of a good memory.

A song that reminds you of someone you care about

A song that reminds you of someone who cares about you

## Diversion



A song that makes you feel safe.

A song you find inspirational.

Your go to positivity song.

## Discharge



A song that matches your vibe you get when you feel anxious or worried.

A song that matches your vibe when you feel annoyed or angry.

A song that matches your vibe when you feel sad or afraid.