

My Coping-Skills Playlist

FOR AMUSEMENT

a song that gets stuck in my head

a song I know all the words to

a song from my favorite movie or tv series

FOR CHALLENGING NEGATIVE THOUGHTS

a song that makes me feel safe

a song that helps me think positively

a song that inspires me

We go through different emotions every day. It is okay to have all those feelings and it's helpful to have a variety of ways to cope depending on what you are feeling in that moment. Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.

TO UPLIFT

a song I associate with feeling free

a song that gives me energy

a song I'd like to wake me up

FOR STRONG EMOTIONS

a song that brings back a positive memory

a song that makes me think of a loved one

a song to remind me that I are loved

TO LET IT OUT

a song for when I get anxious or worried

a song for when I get angry or annoyed

a song for when I feel lonely or afraid