



DIY Ultimate Coping Playlist

Choose a song
that fits the
description



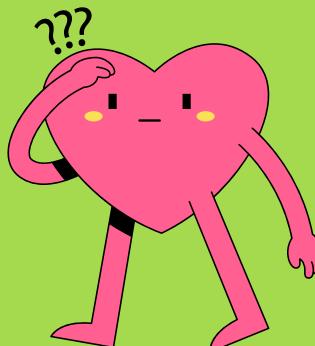
to uplift



a song I associate
to freedom

for amusement

a song that
gets stuck in
my head



for amusement

a song I know all
the words to



for amusement

a song from my
favorite movie or
TV series

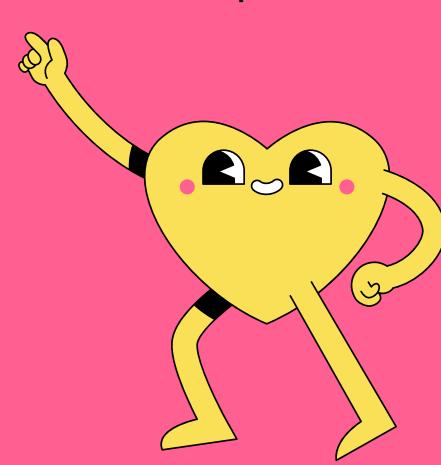


to uplift



a song I associate
to freedom

to uplift



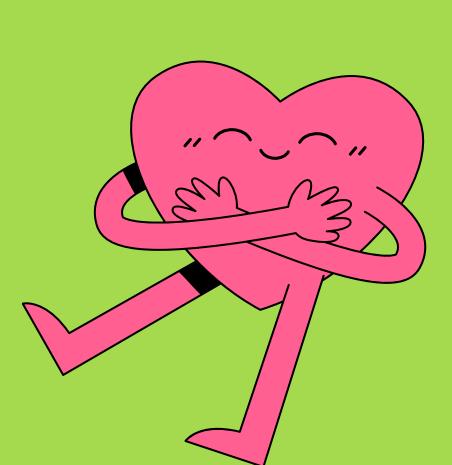
a song that gives
me energy

to uplift

a song I'd like to
wake me up



for diversion



a song that makes
me feel safe

for diversion
a song that
helps me
think positively



for diversion
a song that
inspires me



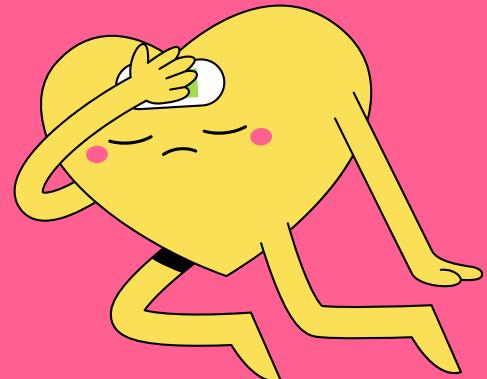
to calm down

a song for when
I get anxious or
worried

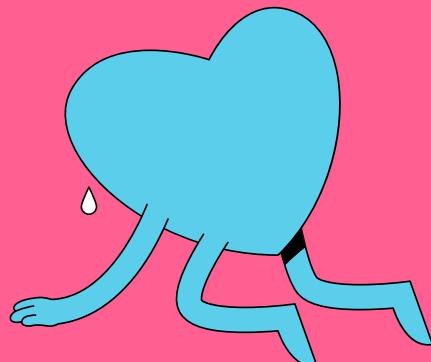


to calm down

a song for when
I get angry or
annoyed



to calm down



a song for when
I feel lonely or
afraid

for strong emotions

a song that
reminds me of a
good memory



for strong emotions

a song that makes
me think of a
loved one



for strong emotions

a song to remind
me that I am loved

