



# Ultimate Coping Playlist

Let's get expressive. Write down a coping playlist for yourself by giving this challenge a try

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.