



# ULTIMATE COPING PLAYLIST

**Fill in as many boxes as you can to create the perfect coping playlist for you!**

**Entertainment**

A song that stays stuck in your head

A song you know all the words to

Your favorite song from a movie

**Revival**

A song that represents freedom

A song you fall asleep to

A pump up jam

**Strong Sensation**

A song that reminds you of a good memory

A song that reminds you about someone you care for

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 for when you feel anxious

A song for when you feel angry

A song for when you feel sad