My Coping-Skills Playlist

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.

a song from my favorite movie or tv series

FOR

AMUSEMENT

a song that gets

stuck in my head

a song I know all

the words to

FOR CHALLENGING NEGATIVE THOUGHTS

> a song that makes me feel safe

a song that helps me think positively

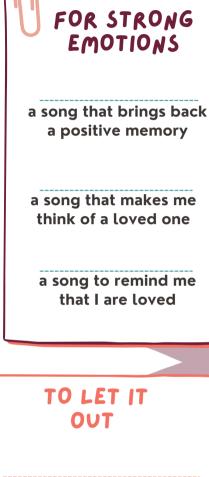
a song that inspires me

TO UPLIFT

a song I associate with feeling free

a song that gives me energy

a song I'd like to wake me up



JOE TORRE

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