

Your Life Playlists

What to Know

Do you love to listen to music? Did you know that listening to music is not only fun, but it can be good for you too? Music can help you cope with problems, and it can also help you build healthy relationships and manage stress. Music lyrics can give you words to your feelings, when you're not sure how to express your emotions.

There are lots of ways to connect with music. Lyrics, melodies, beats, and specific songs can all speak to you in unique ways.

This worksheet will help you create "life playlists." When you're struggling, you can listen to music that:

- is supportive and grounding
- energizes you
- matches your mood to help you process emotions like sadness or anger
- helps you ride emotional waves

Creating playlists is very easy when you use music apps on your phone or tablet.

What to Do

First, answer the questions. You'll then create four different playlists. Once you identify which songs you want to include, create the playlists on your electronic device.

My favorite style of music: _____

Because: _____

My theme song: _____

A song that reminds me of a positive event in my past: _____

The event: _____

My favorite song is: _____

A song that helps me when I'm angry: _____

A song that makes me sad: _____

A song that makes me happy: _____

A song I can really relate to: _____

I have lots of feelings when I listen to this song: _____

It makes me feel: _____

How does music help you cope?

My Playlists

**Songs for when
I'm stressed**

**Songs for when
I'm happy**

**Songs for when
I'm sad**

**Songs for when
I'm angry**