

# Music

Music can serve as a coping tool for anxiety, depression, anger, etc. Music allows you to get in touch with your feelings & **express complicated emotions**. Sometimes, we can relate to the lyrics of songs & find comfort in them. Music can help you process & reflect on the things that have happened to you in the past.

When I feel \_\_\_\_\_, I will listen to this playlist:

# Music

**Music** can serve as a coping tool for anxiety, depression, anger, etc. Music allows you to get in touch with your feelings & **express complicated emotions**. Sometimes, we can relate to the lyrics of songs & find comfort in them. Music can help you process & reflect on the things that have happened to you in the past.

When I feel \_\_\_\_\_, I will listen to this playlist:



# Music

**Music** can serve as a coping tool for anxiety, depression, anger, etc. Music allows you to get in touch with your feelings & **express complicated emotions**. Sometimes, we can relate to the lyrics of songs & find comfort in them. Music can help you process & reflect on the things that have happened to you in the past.

When I feel \_\_\_\_\_, I will listen to this playlist:

# Credits



[Auntie D's Doodles](#)  
-Thank you for the border



[Kelly Benefield](#)  
-Thank you for the border

[Johana Zegarra](#)  
-Thank you for the flower