

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:

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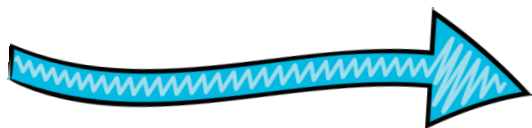
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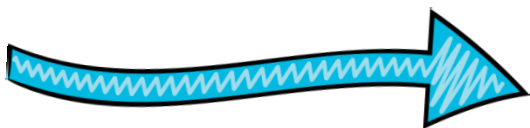
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playlist

Credits



[Auntie D's Doodles](#)

-Thank you for the border



[Kelly Benefield](#)

-Thank you for the border

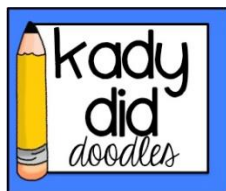
[Johana Zegarra](#)

-Thank you for the flower



[Morpho Science](#)

-Thank you for the arrow



[Kady Did Doodles](#)

-Thank you for the heart