

NAME: _____

DATE: _____

My Ultimate Coping Playlist

Take care of yourself and your children by learning how to cope.

We go through positive and negative emotions daily. It is ok to experience different feelings, but we must also find ways to cope. Learning to manage our emotions begins when we are young and continues throughout our lives. Experts agree that you can build children's resilience and set them up for success by learning and then teaching them healthy coping strategies. In other words, it starts with you!

The energy invested in self-care can have positive results. The question is: how are you taking care of yourself? Remember: taking care of yourself is vitally important in being able to take care of others.

I hope you use "My Ultimate Coping Playlist" to manage stress and maintain your and your children's emotional well-being.

FOR AMUSEMENT

a song that gets stuck in my head

a song I know all the words to

a song from my favorite movie or TV series

TO UPLIFT

a song I associate with freedom

a song that gives me energy

a song that wakes me up

FOR DIVERSION

a song that makes me feel safe

a song that helps me think positively

a song that inspires me

TO DISCHARGE

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

FOR STRONG EMOTIONS

a song that reminds me of a good memory

a song that makes me think of a loved one

a song to remind me that I am loved