

PERSONAL COPING

Coping PLAYLIST



◀ WHEN TO USE

Use when feeling stress, low mood, or emotional overload.

TIME INVESTMENT ▶

Takes 5-10 minutes to build, just moments to use.



small, purposeful playlists for what you need.

◀ HOW IT WORKS

Build small, purposeful playlists for what you need.

EXAMPLES & USE ▶

Choose the mood, not the genre. No scrolling while listening!



CALM DOWN



GET UNSTUCK



PROCESS
ROUGH DAY



GET OUT
THE DOOR



◀ WHY IT HELPS

Music creates a deliberate listening break from phone content.

THE GOAL ▶

Instead of doom-scrolling, take a ten-minute reset walk. Be intentional.

