

BUILD YOUR OWN COPING PLAYLIST



AN EMOTIONAL ARC, NOT A MOOD YANK

- Follow an Emotional Arc, Don't Fight the Mood.
- Ask a Teen to start where they **actually** are.



1. Match
Sadness/Frustration
(Start)



2. Ease the
Emotion
(Middle)



3. Calmer, Lighter,
Steadier
(End)

A Coping Strategy doesn't need to be cheerful to help.



For Pre-School Anxiety



For a Rough Commute



For Winding Down

