

CREATE YOUR OWN FEEL-GOOD PLAYLIST!

Do you ever feel low and then put on your favourite song, only to find yourself feeling better and 'lighter'?

Music has this incredible ability to shift your mood and help you feel better when things don't feel so good. It can lift you from a slump, energise you for a workout, or lull you into a peaceful state of mind. It can be a powerful tool for managing stress, boosting your mood, and even improving your cognitive function.

So today, let's create your feel-good playlist that helps you uplift your mood, one song at a time!



Step 1: Go Down The Memory Lane

Think about times you felt truly happy, energised, or inspired. Were you dancing at a concert, singing along on a road trip, or swaying to music in your headphones? Add these songs to your playlist.



Step 2: Find Your Favourite Genre

Music comes in a million flavours! Is there a specific genre that always lifts your spirits? Maybe it's R&B, pop music, or techno. Search for songs in your favourite genre and add them to your playlist! And if you don't have a favourite genre, go all out and experiment!



P.S. Think outside the box – maybe a genre you haven't explored holds the key to your feel-better mood!

Need help getting started? Take inspiration from our playlist and add the songs you liked to your playlist!

<https://open.spotify.com/playlist/1tTuFQIII0ckXij6zbD39Z?si=03nljIYkQ72BJbMiSHa3jQ&pi=a-1aRXEMavS3OR>

Step 3: Identify - Are You Drawn Towards The Lyrics Or The Beats...Or Both?

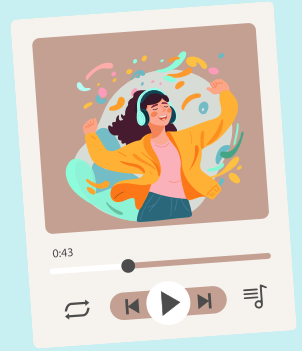
Songs with uplifting lyrics of hope and perseverance can be a powerful boost to your mood. But sometimes, instrumental pieces can evoke emotions more effectively. Decide which approach works best for you and add relevant songs!



Step 4: Label Your Playlist!

Give your playlist a title that reflects its purpose. For example, **'Sunshine in a Bottle'** mix or **"I've Got This!"**?

The title can help you set the mood and make your playlist even more personal.



Step 5: Hit That Play Button!

Now comes the best part – crank up the volume and let your curated soundtrack wash over you. Feel the good vibes flow and let the music work its magic!



Remember, there are no wrong answers to your feel-good playlist. It's all about creating a musical space that reflects your unique personality and emotional needs. So, have fun, experiment, and let the music be your guide!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

