

## Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!

 Remember you don't have to try it, and you can stop at any time.

### Step 1

Think about the songs that make you feel good (E.g. Ones that take you back to a great memory, make you smile or make you want to dance or sing!)

### Step 2

Create your 'good mood' playlist by picking between five and ten songs.

### Step 3

Listen to your 'good mood' playlist when you feel like it might help.

### Step 4

Notice how you feel when you listen to your playlist. Are there any changes to your thoughts, feelings or the way you feel in your body?

### Step 5 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌