

Change my mood with music

Make your own personalised playlist to help change your mood!

What are you feeling?



Bored

Music will change your mood



This is what music does to your mood



Choose 2 songs that will change your mood



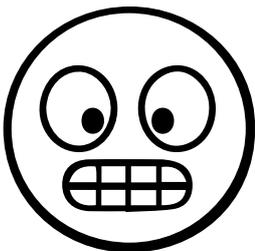
Listen to music in the background

You need **ENTERTAINMENT** to lighten and refocus your mood

1.

The music helps you **lift your spirits** and maintain a positive mood

2.



Stressed and need to relax

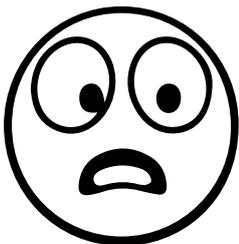
Listen or make music that fills you with energy and

You need to feel that you can be **REVIVED** from your current mood

1.

The music helps you experience feelings that **revive, relax and gives you energy**

2.



No mood but a strong sensation in my body

Make music of any kind with others where you need to

You need to create an outlet for your **STRONG SENSATION**

1.

The music helps you experience feelings of **intensity** and **thrill** through making music with others

2.



Stress, disruption and annoying thoughts

Listen or make music that is happy and pleasant

You need a **DIVERSION** this feeling from your mind and body

1.

The music helps you **forget** about your current negative mood

2.

Change my mood with music

Make your own personalised playlist to help change your mood!

What are you feeling?



Feelings of anger, sadness or 'depression'

Music will change your mood



Listen to music that reflects the aggression or sadness you are feeling

This is what music does to your mood



You need to **DISCHARGE** this feeling from your mind and body

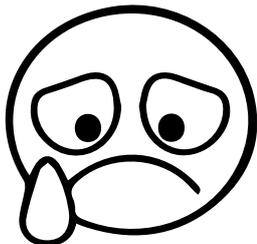
The music lets you **express your current negative mood** and will help you **move on** from that mood

Choose 2 songs that will change your mood



1.

2.



Need to do some deep thinking and resolve a personal conflict

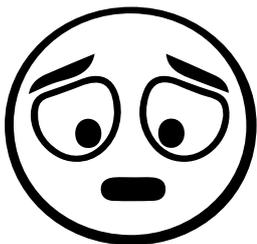
Listen or write music that promotes reflection and a feeling of space

You need to make room for **MENTAL WORK** to occur in your mind

The music promotes **imagery, insights, clarification and evaluation** of a given situation

1.

2.



Feelings of sadness and being troubled

Listen to music where the lyrics reflect your current feelings

You need to feel **SOLACE** from your current mood

The music allows you to **feel understood and comforted** and will help you **move on** from that mood state

1.

2.