

24 : THE PLAYLISTS OF YOUR LIFE

HAPPY JAMS AND DEPRESSING DIVES

Songs can provide you with powerful experiences. They can evoke emotions and trigger memories—both pleasant and unpleasant. Think of a person who has just been dumped and hears what used to be their favorite song and gets depressed. Think of another person who has just gotten into the college they were hoping for and plays their favorite song and jams, sings, and dances around to it. In each example, the song is going to have a vastly different effect on the person.

The playlists you create and listen to will affect your mood, thoughts, energy level, and memories. Consider the playlists you have right now and think about them in general. Now ask yourself, do you have a *Happy Jams* playlist of songs that support your mood and make you feel good? Do you have a *Depressing Dives* playlist of songs you listen to when you are sad or angry and that tend to keep you down in the dumps? It's like that phrase "turn your frown upside down." You have the power to stay in a frown or change it to a smile. You can create new playlists and attend more to your happy and positive jams than those that might feed negative feelings like feeling depressed. Asking yourself why you are listening to a particular song or set of songs can be valuable. You can use the acronym HOT (Have the beneficial experience; Open to the beneficial experience; and Take in the beneficial experience) to enhance your well-being and to resource yourself with the music you choose to play.





TAKE IN THE GOOD: TAKE ACTION

On the *Happy Jams* playlist, at the top of the next page, write the names of five songs you love that support and nourish your mood. Read the instructions for *H* and list one of the happy jams you are going to listen to. Read *O* and *T* and listen to a favorite song while opening to and taking in the beneficial experience of listening to your happy jam. While focusing on your happy jam, consider what about the song is positive and pleasant and what makes it stick to you like Velcro. Now answer the questions in the spaces provided for *O* and *T*.

On the *Depressing Dives* playlist, at the top of the page, write down the names of five songs that you tend to listen to when you are lonely, discouraged, angry, or depressed. Now pick one of your depressing dive songs, read the instruction for *H*, and choose one of your depressing dives to listen to. Read *O* and *T*, then listen to the song and answer the questions in the spaces provided. While focusing on your depressing dive song, think about being like Teflon and letting the negative effects the song evokes slide off of you.

Notice the differences in your mood and experience while listening to your happy jam and depressing dive.



TAKE IN THE GOOD: TAKEAWAY

Psychologist Rick Hanson writes, “We are Velcro to the negative and Teflon to the positive.” Do the opposite of this statement: be Velcro to the positive and Teflon to the negative. Listen to and play music that supports and enhances your mood. Although you might be drawn to a depressing dive, if it brings you down, change that tune.

THE PLAYLISTS of YOUR LIFE



HAPPY JAMS

PLAY

1. _____ «▶»
2. _____ «▶»
3. _____ «▶»
4. _____ «▶»
5. _____ «▶»

H. Have the beneficial experience.
Pick one of your happy jams.

WHAT WAS YOUR EXPERIENCE
LISTENING TO AND OPENING UP
TO YOUR HAPPY JAM?

WHAT SONG DID YOU
CHOOSE?

O. While listening to this song,
open to and notice your senses,
thoughts, and feelings.

WHAT WAS IT LIKE TO TAKE IN
AND SAVOR THE SWEETNESS OF
THE NOURISHING AND SUPPORTIVE
SONG?

T. Take in your happy jam.
Be Velcro and let the
song stick to you.

THE PLAYLISTS of YOUR LIFE



1. _____ « ▶ »
2. _____ « ▶ »
3. _____ « ▶ »
4. _____ « ▶ »
5. _____ « ▶ »

DEPRESSING
DIVES **PLAY**

H. Have the beneficial experience.
Pick one of your depressing dives.

WHAT WAS YOUR EXPERIENCE
LISTENING TO AND OPENING UP
TO YOUR DEPRESSING DIVE?

O. While listening to this song,
open to and notice your senses,
thoughts, and feelings.

WHAT SONG DID YOU
CHOOSE?

T. Take notice of your depressing
dive. Be Teflon and let the
song slide off of you.

WHAT WAS IT LIKE TO BE TEFLON
TO A SONG YOU KNOW IS DRAINING
AND DEPLETING TO YOU?