

Calm Tunes Playlist

Songs that help you find inner peace and calm

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Happy Tunes Playlist

Songs to help pick you up when you feel down

1.

2.

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Sad Tunes Playlist

Songs that help you work through feelings of
sadness or anger

1.

2.

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