Playlists for your Life
Earn 10 Be Well UC points

Music is more important than we think
Music has been around and helping people since the beginning of time. Why not take the time to make sure you have music tailored to your individual needs and lifestyle?

Did you know that music can act like a natural drug? Listening to music that we enjoy releases Dopamine into our brain which can decrease depression and reduce anxiety and stress. This hormone is also released when we do other things we enjoy like eating or exercising.

What to do:
• Make one playlist for each of the categories below. The ideal time for a playlist would be 15-30 minutes.
• One the next sheet, let us know 2-3 songs that you chose on each playlist.
• For each playlist give a place or time when you will likely listen to this playlist.

Relax
• This playlist is the one that will help you relax and unwind. Play it when you are feeling stressed or need time to feel less anxious.

Energize
• Energetic and upbeat music can encourage motivation and productivity. Listen to this playlist when working out or during your morning commute.

Brighten
• Those songs that always make you smile when you hear them, make a playlist out of them! Listen to this playlist when you want to be happy.

Think
• Some noises can be distracting and make it hard to concentrate. Listen to this playlist at work or at home when you want to stay focused and encourage thought!

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything”
-Plato

Be Well UC educate • support • empower
Playlists for your Life

Please send completed forms to wellness@uc.edu or ML0039 to earn 10 points. All points will be added to your portal account on the first week of the following month after receiving this form.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Songs</th>
<th>Place/Time</th>
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<tbody>
<tr>
<td>Relax</td>
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<tr>
<td>Energize</td>
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<tr>
<td>Think</td>
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</tbody>
</table>

Here are some places to create your playlist!
- Spotify
- Apply Music
- Google Music
- Grooveshark

Additional resources and references!
- [https://www.wellright.com/challengeideas](https://www.wellright.com/challengeideas)
- [https://blog.hubspot.com/marketing/productivity-playlists](https://blog.hubspot.com/marketing/productivity-playlists)