

# SELF-CARE



National Child Welfare  
Workforce Institute

LEARNING, LEADING, CHANGING

## MUSIC PLAYLISTS



Listening to music can relax the body and mind. Calming tones can slow your pulse and heart rate, and decrease levels of stress hormones.

## SPOTIFY PLAYLISTS

FREE (with commercials), or subscribe for an ad-free premium version

**Calm Vibes** <https://open.spotify.com/playlist/37i9dQZF1DX1s9knjP510a> - With this playlist, you can't help but relax and let your stress go. Genres: Classical, Soft Piano



**Have a Great Day** <https://open.spotify.com/playlist/37i9dQZF1DX7KNKjOK0o75> - This playlist is for those days when you just want to roll the windows down, sing along, and forget about the world. Genres: Oldies, Pop, Rock



**Funky Jams** <https://open.spotify.com/playlist/37i9dQZF1DX6drTZKzZwSo?si=AznmzYbGRw e4XPOZ15AY8A> Genre: Classic Funk



## APPLE MUSIC PLAYLISTS

Subscription-based platform (first three months free)

**Today's Chill** <https://itunes.apple.com/us/playlist/todays-chill/pl.2bb29727dbc34a63936787297305c37c> - Relax and discover new, up-and-coming artists with this playlist. Featuring Portugal. The Man, Childish Gambino, and other relaxing acts. Genre: Pop, Indie, Eclectic



**Mood** <https://itunes.apple.com/us/playlist/mood/pl.daa2a689923d4562bf5650a96809f929> - This playlist is the perfect pick for the R&B lovers out there. These chill, mellow songs are guaranteed to calm you down after a long day. Featuring Daniel Caesar, Khalid, and Drake. Genre: R&B, Light Rap



**Jazz Chill** <https://itunes.apple.com/us/playlist/jazz-chill/pl.63271312c084419891982eab46cc68ac> - Described as the "quieter side of jazz," this playlist is perfect for jazz lovers who need to unwind. Featuring modern jazz artists, both recorded live and in-studio. Genre: Jazz

