

APPENDIX C | Self-Care Playlist

Chapter	Song	Artist
A - Act on Awareness and Acceptance	Scars to Your Beautiful	Alessia Cara
B - Build Boundaries	Me Time	Heather Headley
C - Choose Wisely	My Wish	Rascal Flatts
D - Discipline Yourself	Rise Up	Andra Day
E - Embrace Enough-ness	You Say	Lauren Daigle
F - Forgive	Forgiveness	Matthew West
G - Grow with Gratitude	Grateful: A Love Song to the World	Nimo Patel– Featuring - Daniel Nahmod
H - Have Healthy Self-Advocacy	Man in the Mirror	Michael Jackson
I - Internally Validate	This is Me	Keala Settle
J - Just Start	Never Give Up	Sia
K - Keep Your Power	No Playing Small	Fearless Soul
L - Listen to Your Body	Move Your Body	Beyoncé
M - Make Peace with Your Past	Let It Go	Idina Menzel
N - N-O Is Your New Y-E-S	N-O Is My New Yes!	Karen Drucker & John Hoy
O - Observe Relationships	ROAR	Katy Perry
P – Prevent Perfectionism	Imperfect is the New Perfect	Caitlin Crosby
Q - Question Your Time Management	Eye of the Tiger	Survivor
R - Reduce Stress	Conga	Gloria Estefan leave Miami Sound Machine
S - Surrender to Spiritual Practices	Pocket Full of Sunshine	Natasha Bedingfield
T - Tame Anxiety	Don't Worry Be Happy	Bobby McFerrin
U - Unconditionally Love	The Greatest Love of All	Whitney Houston
V - Voice Your Needs	Brave	Sarah Bareilles
W - Watch Your Wallet	Money is Coming to Me	Eddie Watkins, Jr.
X - XOXO: Kiss(O) and Hug (X) Often	XOXOXO	Black Eyed Peas
Y - Yield to Positive Perspectives	You Gotta Be	Des'ree
Z - Zealfully Play	The Best Day of My Life	American Authors