

The Self-Compassion Playlist

Stress-reducing songs for tough times.

Below is a list of songs that can help to **increase feelings of self-kindness, common humanity, and mindfulness, self-compassion's core elements**. They're not necessarily the most cheerful songs, but research shows that listening to mood-congruent music can actually be more soothing than listening to upbeat music if you're feeling down—the music is like a sympathetic friend who empathizes with what you're going through.

1. Angel, Sarah McLachlan
2. Let it Be, The Beatles
3. Heal Over, KT Tunstall
4. You Are a Part of Everything, Josh Kelley
5. Everybody Hurts, R.E.M.
6. Long Time Sun, Snatam Kaur
7. Home, Philip Phillips
8. Stuck in a Moment You Can't Get Out Of, U2
9. Three Little Birds, Bob Marley
10. Shine, Benjamin Francis Leftwich
11. Fix You, Coldplay

This list was adapted from a Psychology Today article by:

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