

# Mental Health Music List

Mental Health Week • 2018



#mindsmatter@kprdsb



## Songs to Get You Energized

▶ **PLAY ALL**

- ▶ Best Day of My Life – American Authors
- ▶ Shake it Off – Taylor Swift
- ▶ We Are One – Serena Ryder
- ▶ Happy – Pharrell Williams
- ▶ Hooked on a Feeling – Blue Swede
- ▶ Rather Be – Clean Bandit (feat. Jess Glynne)
- ▶ It's Time – Imagine Dragons
- ▶ Up We Go – Lights
- ▶ Firework – Katy Perry
- ▶ What I Wouldn't Do – Serena Ryder
- ▶ Dog Days are Over – Florence + the Machine
- ▶ Don't Stop Believin' – Journey
- ▶ Something Big – Shawn Mendes
- ▶ I Lived – OneRepublic
- ▶ We Come Runnin – Youngblood Hawke
- ▶ I Don't Want to Be – Gavin DeGraw
- ▶ Born This Way – Lady Gaga
- ▶ Shake it Out – Florence + The Machine
- ▶ Parachute – Train
- ▶ Mr. Blue Sky – Electric Light Orchestra
- ▶ The Walker – Fitz & The Tantrums
- ▶ Ain't No Mountain High Enough – Marvin Gaye & Tammi Terrell
- ▶ Ordinary Day – Great Big Sea
- ▶ On Top of the World – Imagine Dragons
- ▶ Can't Stop the Feeling - Justin Timberlake
- ▶ Sir Duke – Stevie Wonder
- ▶ Count on Me – Bruno Mars
- ▶ I'll Be There for You – The Rembrandts
- ▶ Mean – Taylor Swift
- ▶ Better When I'm Dancing – Meghan Trainor
- ▶ Roar – Katy Perry
- ▶ Brave – Sarah Bareilles
- ▶ Fight Song – Rachel Platten
- ▶ Safe and Sound - Capitol Cities
- ▶ Wake Me Up - Avicii
- ▶ Who Do You Love - Marianas Trench

## Songs to Chill With

▶ **PLAY ALL**

- ▶ Paper Planes – East of Avenue
- ▶ Same Love – Macklemore & Ryan Lewis
- ▶ The Way I am – Ingrid Michaelson
- ▶ Everything's Okay – Lenka
- ▶ Ho Hey – The Lumineers
- ▶ Just a Ride – Jem
- ▶ Home – Philip Philips
- ▶ Lego House – Ed Sheeran
- ▶ Little Things – One Direction
- ▶ It's a Beautiful Day - Michael Buble
- ▶ Arms – Christina Perry
- ▶ Here Comes the Sun – The Beatles
- ▶ Blackbird – Sarah McLachlin
- ▶ What a Wonderful World – Louis Armstrong
- ▶ Stand by Me – Ben E. King
- ▶ Happy – Mariana and The Diamonds
- ▶ The Story – Sara Ramirez
- ▶ Your Song – Ellie Goulding
- ▶ I Was Here – Beyonce
- ▶ Yellow – Coldplay
- ▶ Hello Sunshine – Syd Matters
- ▶ Skyscraper – Demi Lavato
- ▶ The Climb – Miley Cyrus
- ▶ Secrets – OneRepublic
- ▶ Human – Christina Perry
- ▶ Good Mother – Jann Arden
- ▶ All I Can Do – Chantel Keviazuk
- ▶ Don't Let Me Fall – Lenka
- ▶ Drops of Jupiter – Train
- ▶ One Call Away - Charlie Puth
- ▶ True Colours – Artists Against Bullying
- ▶ Over the Rainbow – Israel Kamakawiwo'ole
- ▶ Dock of the Bay – Otis Redding
- ▶ Try – Colbie Caillat
- ▶ Hero – Mariah Carey
- ▶ Let's Groove - Earth Wind and Fire
- ▶ Heart of Life is Good - John Mayer
- ▶ Try Everything - Shakira