



Mental Health Matters: A Playlist to Thrive at Work



▶ 1-800-273-8255
(Logic)

▶ Let It Be
(The Beatles)

▶ I Will Survive
(Gloria Gaynor)

▶ Swimming Pools (Drank)
(Kendrick Lamar)

▶ Brave
(Sara Bareilles)

▶ Beautiful
(Christina Aguilera)

▶ Demons
(Imagine Dragons)

▶ Skyscraper
(Demi Lovato)

▶ It's OK
(Tom Rosenthal)

▶ This Is Me
(Keala Settle)

▶ Unwell
(Matchbox Twenty)

▶ Carry On
(Fun)

▶ You Will Be Found
(Ben Platt)

▶ Keep Your Head Up
(Andy Grammer)

▶ The Climb
(Miley Cyrus)

▶ Hey, Soul Sister
(Train)

▶ Powerful Women
(Dolly Parton & Pitbull)

▶ Shake It Off
(Taylor Swift)



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Mental Health Matters: A Playlist to Thrive at Work

In recognition of World Mental Health Day 2024, the Mental Wellbeing Playlist is designed to support this year's theme: "It's Time to Prioritize Mental Health in the Workplace". The theme calls attention to the significant role that workplace environments play in shaping mental health. Work is where many people spend the majority of their time, and when conditions are not supportive, stress and mental health issues such as anxiety and depression can arise, affecting both individuals and organizations globally.

This playlist features songs that inspire resilience, self-care, and empowerment. From "Brave" by Sara Bareilles, which encourages people to speak out, to "Powerful Women" by Dolly Parton and Pitbull, which celebrates strength and leadership, each track reflects the values of inclusivity, mental health awareness, and emotional well-being in the workplace.

This playlist embraces music that uplifts and fosters connection. It serves as a tool to help individuals navigate stress, foster a sense of community, and create a more supportive environment in their professional lives. Prioritising mental health at work is essential for individual well-being and leads to more productive and thriving organisations.



"1-800-273-8255" - Logic

This powerful song is about reaching out when you feel like there's no hope, reminding us that there's always someone to turn to for help, and that life is worth living.

"Let It Be" – The Beatles

A calming reminder that sometimes we need to let go and allow things to unfold naturally, offering peace in moments of uncertainty.

"I Will Survive" – Gloria Gaynor

An anthem of resilience, this song celebrates the ability to overcome difficult times and emerge stronger than before.

"Swimming Pools (Drank)" – Kendrick Lamar

This reflective track explores the dangers of overindulgence and serves as a reminder to face life's struggles head-on, promoting healthy coping mechanisms.

"Brave" – Sara Bareilles

A call to face fears and speak out, this song encourages courage and self-expression, a vital aspect of mental health.

"Beautiful" – Christina Aguilera

With its empowering message of self-worth, this song reminds us that we are all beautiful, despite any internal or external negativity we face.

"Demons" – Imagine Dragons

This introspective song acknowledges the inner struggles we all face, but also conveys a message of hope that we are not defined by them.

"Skyscraper" – Demi Lovato

A deeply emotional song about rising above adversity, it's a powerful reminder of the strength we have to rebuild ourselves after hard times.

"It's OK" – Tom Rosenthal

A gentle, reassuring track that reminds us it's okay not to be okay, and that everyone experiences hard times.

"This Is Me" – Keala Settle

A bold declaration of self-acceptance, this song celebrates embracing who you are and standing proud despite judgment or criticism.

"Unwell" – Matchbox Twenty

This song explores feelings of being misunderstood and unwell, reminding listeners that they are not alone in their struggles.

"Carry On" – Fun

With a hopeful message of perseverance, this song encourages listeners to keep going, no matter the difficulties they face.

"You Will Be Found" – Ben Platt

A comforting anthem about being seen and supported, this song reassures us that help and understanding are always available.

"Keep Your Head Up" – Andy Grammer

A positive, feel-good reminder to stay strong and keep going, even when life gets tough.

"The Climb" – Miley Cyrus

This song highlights the importance of perseverance and the journey toward growth, even when the path is difficult.

"Hey, Soul Sister" – Train

An upbeat, fun song that lifts spirits and reminds us to find joy in the connections we share with others.

"Powerful Women" – Dolly Parton & Pitbull

An empowering song celebrating the strength and resilience of women in the workplace and beyond. It reminds us that women are forces of change, leading with confidence and grace.

"Shake It Off" – Taylor Swift

This playful track reminds us to let go of negativity and not let criticism or stress weigh us down, a valuable mindset in the workplace.