

1. "I am stressed right now"

Support Agent:

"Here are some songs that you can listen to reduce your stress:

- A Place in This World
- Cold As You
- New Shoes
- All Too Well
- Invisible
- Stay Beautiful
- So Much Damn Swag
- Donk
- Yonce`
- State of Grace
- Delicate
- Enchanted
- Si Yo Fuera un Chico
- Back to Black
- Picture to Burn"

2. "Still I feel a little bit stressed, Give me some health tips."

Support Agent:

"Oh, I see, Please do the following tips I recommend and see.

- Aim for at least 30 minutes of moderate exercise.
 - Consume a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins. Avoid excessive caffeine, sugar, and processed foods.
 - Ensure you get 7-9 hours of quality sleep each night.
 - Practice mindfulness or meditation techniques to help calm the mind and reduce stress. Deep breathing exercises can also be beneficial.
 - Laughter triggers the release of endorphins and promotes a sense of well-being. Find time for activities that make you laugh and bring joy.
 - Ensure you drink enough water throughout the day.
- Hope these tips will help you!"

3. "What are some anger songs to listen to?"

Support Agent:

"Here are some Anger songs, but don't get too angry listening to them:

- Blank Space
- Red
- Run The World
- Ave Maria
- Back to December
- Sparks Fly
- I Almost Do
- Miss Americana
- Haunted
- Intro
- Slow Love
- Look What You Made Me Do"

4. "What should I do if I have anger issues, Provide me with some tips."

Support Agent:

"Having anger issues is not quite good for your personality. Follow these:

- When you feel anger rising, take slow, deep breaths. Inhale through your nose, hold for a few seconds, and exhale slowly. This can help calm the physiological response to anger.
- If you feel overwhelmed with anger, take a break. Step away from the situation, go for a short walk, or find a quiet space to collect your thoughts before responding.
- Physical activity is a natural stress reliever and can help regulate emotions, including anger. Engage in regular exercise to release pent-up tension.
- Mindfulness practices, such as meditation, can help you become more aware of your emotions and responses. This awareness can empower you to choose healthier reactions to anger.
- Incorporate relaxation techniques such as progressive muscle relaxation, guided imagery, or yoga into your routine to reduce overall stress levels."

5."I feel I loose trust on people"

Support Agent:

"I'm sorry to hear that you're feeling like you're losing trust in people. It's completely normal to go through such emotions. Listen to these songs;"

- Fifteen
- Imperfection
- Enchanted
- Mary's Song
- I Almost Do
- Red
- Mine
- Speak Now
- Baby Boy
- ME
- August
- Innocent
- Purple Rain
- Cardigan"

6. "I'm in the mood for songs that have unexpected twists"

Support Agent:

"Great! I sense you're in the mood for some musical surprises. Get ready for an exciting playlist!"

- Superman
- Mine
- Superstar
- Satellites
- The Outside
- Daylight
- Long Live
- Hey Stephen
- I'm Somebody
- Betty
- Mad Woman
- If This Was a Movie
- Trust In Me

- 7/11
 - Begin Again”
7. "I'm feeling disgusted and need music to match"

Support Agent:

"Here are some songs to listen:

- Invisible String
- Better Than Revenge
- State of Grace
- The Archer
- Sad Beautiful Tragic
- Dress
- Hoax
- I Go Gets Out
- Runaway
- Welcome
- Tim McGraw
- I Think He Knows
- Party
- Delicate
- Self-Titled"

8. "How do you I overcome if I feel disgusted, are there any tips?"

Support Agent:

"Overcoming feelings of disgust involves addressing both the emotional and psychological aspects:

- Recognize specific situations, images, or stimuli that trigger feelings of disgust. Understanding the triggers can help you work on managing and avoiding them when possible.
- Examine and challenge negative thoughts associated with disgust. Consider whether your reactions are based on automatic assumptions or if there are alternative perspectives.
- Engage in mindfulness techniques to stay present and observe your thoughts and emotions without judgment. Mindfulness can help you distance yourself from automatic disgust reactions.

- Use relaxation techniques such as deep breathing, meditation, or progressive muscle relaxation to manage the physical symptoms of disgust, such as tension or nausea.
- Engage in activities that bring you joy and positive emotions. Distracting yourself with enjoyable experiences can help shift your focus away from feelings of disgust."

9. "I want music that mirrors my sense of fear right now"

Support Agent:

" It sounds like you're experiencing some intense emotions right now. While I'm not here to add to any distress, I'd be happy to recommend music that captures the feeling of fear or anxiety in a way that might resonate with you:

- I Know Places
- Seven
- Long Live
- I Think He Knows
- Love Me
- LIFE
- Red
- The Archer
- New Romantics
- Shake it Off
- Encore for the Fans
- Green Light
- Cali Girl Dreams
- Forever and Always
- Untouchable
- B&J
- Afterglow"

10. "How to overcome my fear?"

Support Agent:

- "Learn more about what you fear. Sometimes, understanding the object or situation better can demystify it and reduce fear.
- Gradually expose yourself to the feared object or situation in a controlled and safe manner. This can help desensitize you over time.
- Learn and practice relaxation techniques such as deep breathing, progressive muscle relaxation, or meditation to manage the physical symptoms of fear.

- Challenge irrational or negative thoughts associated with your fear. Ask yourself if your thoughts are based on facts or if they are exaggerated.
- Break down the process of overcoming fear into smaller, manageable steps. Set realistic goals for yourself and celebrate small victories.”

11. "What are the Taylor Swift albums with Emotions?"

Support Agent:

"Here are some Taylor Swift albums with Emotions":

- 1989–Fear, Joy & Positive
- Fearless–Trust, Joy, Negative & Positive
- Lover–Fear & Positive
- Red–Anticipation, Negative & Positive
- Speak Now–Anticipation, Joy & Positive
- Taylor Swift–Trust, Sadness, Joy & Positive
- Folklore–Anticipation & Positive
- Reputation–Fear & Negative