



#IAEMstrong Playlist

Research also shows that music can assist in pain management, stress relief, memory, social connection, traumatic brain injuries, and can shift our moods. This year of unprecedented challenges is impacting us all and the response seems endless. From the “get pumped” song you listen to, to the “calm down” music to help you unwind, we hope you can leverage the power of music in your life to keep you going and power your brain.

IAEM members were asked to identify the songs that pump them up or help them calm down. Songs publicly available on iTunes and Spotify have been added to a public playlist.

iTunes: <https://music.apple.com/us/playlist/iaemstrong-playlist/pl.u-DdANrYBulA8Vev>

Spotify: <https://open.spotify.com/playlist/6iwPALlo8kcRhxowudeCD4?si=uB5M7zAxQPu2wjwh1Uo9Jw>
 This chart includes all songs members have identified and the reasons the songs were chosen. Through this exercise, we can learn a little bit more about each other.

| #IAEMstrong Playlist | |
|---|---|
| Songs that are starred (*) were not available on iTunes or Spotify. | |
| A Million Dreams – Pink | |
| Onika Giselle | Keep fighting for your dreams – greater impact. |
| A Million Dreams (Reprise) – Willow Sage Hart | |
| Onika Giselle | Keep fighting for your dreams – greater impact. |
| All About the Bass – Meghan Trainor | |
| Jessica Alaimo | It's a song about body positivity, confidence and embracing who you are. Plus, it is a total earworm and stays in your head for days :) |
| Beautiful Day – U2 | |
| Jim Montgomery | It really is motivational, and the chorus "It's a beautiful day. Don't let it get away" |
| Believer – Imagine Dragons | |
| Maribel Street | Favorite band. |
| Blusette – Morgana King | |
| June Eberhardt | The technique, quality of voice, use of tones, ability to sing before, on and/or after the beat, and all-over great Jazz vocalist, one of the GREATS! |

| Both Sides Now – Joni Mitchell | |
|---|--|
| Lisa Brown | Calm song- a bit melancholy, but very chill |
| Chariots of Fire – Vangelis | |
| Judy Harmon | It is calming and points toward an incredible story of strength and personal values. |
| Come Monday – Jimmy Buffett | |
| Pascal Rodier | Take me back. |
| Crystallize – Lindsey Stirling | |
| Lauren Mink | It's peaceful, helps me focus, is upbeat, and ultimately makes me happy and want to dance. |
| *The Dance – Garth Brooks (Only available on Amazon Prime) | |
| Pascal Rodier | Never take things for granted. |
| Danger Zone -Kenny Loggins | |
| Pascal Rodier | "Get Pumped" This is a timeless pump-up song; who isn't transported immediately to an aircraft carrier? |
| Danza Kuduro – Don Omar, featuring Lucenzo | |
| Kim Guevara | This is our game change, one song dance party. It just changes the mood in our house. I grew up with a big loud extended Latin family, and music was always a part... impromptu jam sessions, any surface could generate a beat. This song has this mix we love of Spanish, Portuguese, and Afro dance beats. My 4, now 5 yo, asks "Mama can we listen to our Spanish song" when he feels like he needs a game change (which is a lot due to 2 words that should never go together: virtual kindergarten). |
| Desert Rose – Sting | |
| Christina Bredhold | Brand New Day from Sting was a regular driving CD for me. This song always reminds me of driving with the sunroof and windows open, arm sticking out the window "surfing" the breeze and just letting anything that I was dealing with blow out with it. It helped me calm down and yet stay awake because I was singing to it most times. |

| Do What You Can – Bon Jovi & Jennifer Nettles | |
|---|---|
| Chris | Because it gives hope for 2020. |
| Dog Days Are Over – Florence & the Machine | |
| Lisa Brown | Very motivating. A good song for when you are running. |
| Don't Bring Me Down – Electric Light Orchestra | |
| Mark Bossi | In the Canadian Army, we learned Principles of War - "Maintenance of Morale" is one. For the war on COVID, this video is soooo appropriate IMHO. https://youtu.be/C0jb9zWd4n4 |
| Don't Stop Me Now – Queen | |
| Christina Bredhold | Freddie Mercury has so much energy that he injects into the song, you can help but get pumped up listening to it. The beat motivates me to get up and dance (or at least chair dance). |
| Sarah Delisle | The title says it all about these hectic times when we all have a million things on the go. |
| Maribel Street | It's just a classic - listen to it while I clean. |
| Jannine Wilmoth | Helps me wake up and get going -- and you sing along! |
| Dos Gardenias – Buena Vista Social Club | |
| Sal Pimentel | Really relaxing song for me, is one of my grandparents' favorite songs and reminds me of my childhood, and sitting in the kitchen while my family cooked/danced. |
| Dream A Little Dream – The Mamas and the Papas | |
| Carolyn Harshman | |
| Eruption – Van Halen | |
| Grahame Watts | Great energy and a tribute to Eddie. |
| Everything's Gonna Be Alright – David Lee Murphy and Kenny Chesney | |
| Teri Axman | No matter what we are going through, this reassures me that everything is going to be alright. |
| Falling Slowly – The Frames | |
| Lisa Brown | Heard it in a yoga class- it chills me out. |

| Fighter – Christina Aguilera | |
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| Curry Mayer | Reminds me to stay strong! |
| Follow Me – Aly-Us | |
| Onika Giselle | Home of brave. |
| Follow the Sun – Xavier Rudd | |
| Steven Herring | It is an upbeat, feel good song that helps brighten the day. |
| Footloose – Kenny Loggins | |
| Debbie Pedrazzoli | Motivational - I dare you to listen to it and not jump out of your chair to dance - a little footloose is definitely needed as a break when working in an intense EOC. |
| Get Up Get Down – Gangstagrass featuring T.O.N.E-z | |
| Martha Duggan | The title says it all about 2020. |
| Girl on Fire – Alicia Keys | |
| Dawn Shiley | What girl (woman) can't do anything when they jam to this tune? |
| Give Love – Andy Grammer featuring LunchMoney | |
| Onika Giselle | It's motivation to get up when days are not fitting and longer than some - reminder that others are hurting, and we can still be blessing - connect more and go deeper within ourselves. We are stronger when we support others! |
| God's Menu – Stray Kids | |
| Charisma Williams | This K-pop song is EXPLOSIVE! It's one of my favorite songs EVER and it gives me so much energy. Check it out!! |
| Good Morning – Mandisa featuring TobyMac | |
| Judy Harmon | Listening to it is a great way to "get pumped" for a new day! |
| Good Morning – Willie K | |
| Charlayne Holliday | Available at: https://www.youtube.com/watch?v=USQDGnVMyf4 |

| Happy – Pharrell Williams | |
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| Zuzzette Bricker | Upbeat motivational song. |
| Heal the World – Michael Jackson | |
| Sophy Kurian | It was a beautiful collaboration of the greatest artists in the music world towards a universal cause. It's amazing to see when people around the world come together, the highest of mountains can be crossed - which is the need of the hour today! |
| Hell N Back - Bakar | |
| Sophia Lopez | I've been teleworking, taking drives to get air as I can, but mostly staying home. I heard this song on the radio this year and it's just such a happy tune. It just made me happy to cruise to it. Like nothing was wrong in the world. My chill, calm song. |
| Hello (Bossa Nova Version) – Amazonics | |
| Charisma Williams | I first heard this song on my dream trip to Greece. I was sitting alone at a fabulous beach front bar at the edge of a black sand beach on a picture-perfect day and for the first time in a long time, everything was still and absolutely perfect in my world. This was October of last year and whenever I hear it, I'm back in Greece again. I've listened to it countless times during the pandemic/quarantine and it takes me back to better place and time. |
| Highwayman – The Highwaymen | |
| Eric Gildersleeve | This song gives me a moment to realize the potential for revolution, where we may return to the same function down the road. Similar to Turn, Turn, Turn. :) |
| How Do You Fall in Love – Alabama | |
| Dawn Shiley | My now husband would sing this to me when we were traveling back and forth to events in his truck back in the early dating days. It reminds me of those butterflies we all feel as we start to fall for that special someone. |

| I Love to Love (But My Baby Loves to Dance) – Tina Charles | |
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| Karen Thompson | It makes me want to sing & dance -- and feel young with everything ahead of me. |
| I Shall Be Released – Nina Simone | |
| Jessica Alaimo | It reminds us that no situation is hopeless, that we shall be released from whatever has entrapped us. |
| I Will Survive – Gloria Gaynor | |
| Connor Crafton-Tempel | Though the song talks about a relationship, we can use the language to talk about wanting to return to normalcy. |
| Carolyn Harshman | This song played on the radio right before a pivotal job interview. |
| If I Go, I'm Goin – Gregory Alan Isakov | |
| Steven Herring | It helps calm me down during stressful situations. |
| If You Don't Mind – Ledisi | |
| Onika Giselle | We need a team to grow and learn together – Things do not go our way – Stay determined, persistent, and sweet – Give someone more than they offered. We can have the ingredients, but if we rush things – science steps in – apply and explore. |
| In Your Heart – Distant Lo | |
| Charisma Williams | The first time I heard this song, I could feel my brain lighting up like the Northern Lights! The song is relaxing but upbeat, which makes it great to listen to regardless of the task I'm undertaking at the moment. I listen to it on repeat when I'm cleaning, working on a client deliverable, cleaning my house or just enjoying a restful day at home. |
| Isn't Life Strange – The Moody Blues | |
| Dawn Shiley | I heard this at my first concert. The words of the song say it all and it takes me back to a much simpler time and place of innocence. It is so nice to remember those days in our lives before we took on worries or responsibilities. |

| It's the End of the World As We Know It – R.E.M. | |
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| Elizabeth Armstrong | Lyrics name so many disasters - even "furies breathing down your neck." And even so, in the midst of the chaos an emergency manager stays strong and can sing "I feel fine." |
| Keep Your Head Up – Preservation Hall Jazz Band featuring Eme Alfonso | |
| Brian Clark | Released in 2019, it seems like the perfect song for 2020. |
| Kings & Queens – Ava Max | |
| Kim Guevara | My nearly 8-yo daughter helped with the "control room" for our Music Through Networking event @ IAEM20. She was inspired and is doing her class speech on Music & The Brain this week. She heard this song recently, and it became an instant dance party on repeat in our house. She made me stop to listen to the words, too- and it's a great message. |
| Kryptonite – 3 Doors Down | |
| Jody Carter | This job is about to make me crazy - but will you still call me Superman?? |
| Last Mango in Paris – Jimmy Buffett | |
| Pascal Rodier | Memories |
| Let It Be – The Beatles | |
| Kathy Branton | I've always loved this song - it always reminds me to be peaceful and content. |
| Let's Go Crazy – Prince & The Revolution | |
| Michelle Lloyd | Why Not? In the world we have been living/working in, it's been crazy. Let's dance and have fun and enjoy going crazy for 4 minutes and 39 seconds?!? |
| Lovely Day – Bill Withers | |
| Christa Lopez | Just makes you feel good. |
| Make It Happen – Mariah Carey | |
| Charisma Williams | This is one of my pump-up songs. It's so powerful, upbeat and inspirational and it's never failed to help get me in gear |

| Mona Lisas and Mad Hatters – Elton John | |
|---|--|
| Jessica Alaimo | It's a song that reminds us that people are there to help and we are not alone. |
| Moves Like Jagger – Maroon 5, featuring Christina Aguilera | |
| Charlayne Holliday | I particularly like this version: https://www.youtube.com/watch?v=iEPTlhBmwRg |
| No More Tears (Theme from “Lost in America”) – Jewel | |
| Renata Hawks | This is the kind of song you can belt out loudly it also has a line about only being given what your strong enough to handle. It always leaves me feeling better. |
| No Surrender – Bruce Springsteen | |
| Joe Mastandrea | The song is upbeat and optimistic. "There's a war outside still raging on" could be a hurricane here in Florida, or it could be our 233-day (and counting) COVID-19 activation. No Surrender reminds me we made a vow we swore we'd remember. (By now you're probably already tired of "The Eye of the Tiger" and "Gonna Fly Now" from the Rocky movies. Gotta mix it up). |
| Not the Only – Sugarland | |
| Renata Hawks | Lyrics remind me I am not the only one feeling overwhelmed buy all this going on in the world. |
| Odds Are – Barenaked Ladies | |
| Elizabeth Armstrong | Despite all the calamities named in the song, the message is reassuring that “Odds are that we, will probably be, alright.” |
| On the Road Again – Willie Nelson | |
| Mike Gavin | Pumps me up and brings back great exciting memories of good motivated times in my life. |
| One Particular Harbour – Jimmy Buffett | |
| Michelle Lloyd | I know I don't get there often enough, and certainly did not this year, but there is this one particular harbor where the days fade away and disappear. |

| Optimistic – Sounds of Blackness | |
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| Charisma Williams | This pump-up song reminds me that whatever is going on, to always hold on to my faith, think positive, and remember that God has me in the palm of His hand... always. |
| The Parting Glass – The High Kings | |
| Mike Gavin | Makes me slow down and unwind while realizing how fragile life is and what is really important. |
| Puff the Magic Dragon – Peter, Paul & Mary | |
| Kim Guevara | This was a song my dad would sing to us at bedtime, or around the campfire. My mother passed away right before my first baby was born. I used to rock my babies to this song, and the memories would just stream over me, and I felt connected to another time/place. To this day (almost 8 years later) it remains a daily part of my children's bedtime routine, and is a daily reminder and connection for me to family and love... and I just exhale as that love transcends time, place, generations, and here and above. |
| The Rainbow Connection – Kermit the Frog | |
| Valerie Lucus-McEwen | Reminds me of holding my kids when they were small. |
| Refrigerator Door – Luke Combs | |
| Cyndy Vilke | So fun especially since those pictures on the refrigerator say so much about each of us. Even though mine are on a pantry door now. |
| Rescue Me – Fontella Bass | |
| Eric Gaul | Really? |
| Right Now – Van Halen | |
| Tim Marshall | Why Not? Right now signifies you're in the moment, turn this thing around! |
| Rise Up – Andra Day | |
| Lisa Brown | Feel like you can conquer anything. |

| Sad Sad City – Ghostland Observatory | |
|--|--|
| Sophia Lopez | The title sounds like it's a sad song but it's not. This is my get hype song. Anything by this group has a beat. I work out to them. I do my professional work to them. I clean my house to them. It gets me moving. |
| Shake It Out – Florence & the Machine | |
| Patricia Sieber | I always listen this song when I need to put energy out! I like to listen loud and sing loud! It makes me feel good and relaxed! |
| Simple Song – Passenger | |
| Melissa Arnett Fout | “One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.” Bertrand Russell |
| Six Feet Apart – Luke Combs | |
| Andy McGuire | Too many songs to choose from but this one really describes every emotion that has surfaced during COVID-19 and Luke Combs is just an absolutely fantastic singer/songwriter. |
| Somewhere Over the Rainbow-What a Wonderful World – Israel Kamakawiwo'ole | |
| Christina Bredhold | There are multiple reasons: 1) Israel's voice is so soothing and relaxing. 2) It always reminds me of my grandma because it was one of her favorite songs. 3) It reminds me that there is so much that is good in this world and to be grateful for what I have got. |
| Pascal Rodier | Instantly on the warm islands of Hawaii. |
| Song to the Siren – The Mortal Coil | |
| Elenka Jarolimek | Listen and it's a perfect match of melody and lyrics that ground you. The song's reference is to the sirens tempting sailors at sea. |
| Space Unicorn – Parry Gripp | |
| Toni Hauser | This song is upbeat, positive, has an awesome music video, and is about a unicorn delivering rainbows. It's basically the polar opposite of 2020. :) |

| Superwoman – Alisha Keyes | |
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| Zuzzette Bricker | Strength and courage. |
| Sunset Lover – Petit Biscuit | |
| Isamar Garcia | This song ALWAYS brings my shoulders down to a relaxed state and has just the right kind of energy to recharge me. |
| Surefire – Wilderado | |
| Michael Teener | Even when it feels dark and stressful the sun will still rise. |
| Take It to the Limit – Eagles | |
| Dawn Shiley | I hear this, I remember that first slow dance and the innocence of past times. And what list shouldn't have a song from the Eagles! Memories |
| Take Me Home, Country Roads – John Denver | |
| Steven Herring | It helps remind me of where I have come from, and how far I have gone in life. |
| This Is Love – George Harrison | |
| Matthew Van | Really underrated song, is a real chill song for me. |
| This is Me – Keala Settle from “The Greatest Showman” | |
| Maribel Street | Makes me feel strong! |
| Thunder – Imagine Dragons | |
| Maribel Street | Makes me feel strong. |
| Thunderstruck – AC/DC | |
| Andrea Davis | Anytime I need a boost, AC/DC gets me focused every time! |
| To the River – Down Like Silver | |
| Steven Herring | The calming music helps relieve stress and helps me think more clearly. |
| Typical Situation – Dave Matthews Band | |
| Michelle Lloyd | These aren't typical times, nor a typical situation and we can't do a thing about it. For me, it's soothing. |

| Underdog – Alicia Keys | |
|---|--|
| Onika Giselle | Opportunity |
| Uptown Funk – Mark Ronson featuring Bruno Mars | |
| Kathy Branton | I just love it! Whenever I hear it, I'm instantly happy and get up and dance! |
| Vivir Mi Vida – Marc Anthony | |
| Ali Meyer | It's an immediate mood lifter and dance party starter with my kids. |
| The Voice – The Moody Blues | |
| Steve Charvat | A true classic, with lyrics that resonated back in 1982 when I was a senior in high school. Flashback to a simpler time. Picture this: an inquisitive and driven young man, Steve Charvat (complete with my cheesy 80's style "porno" mustache, plastic name tag and tri-colored polyester work shirt), mopping floors at my night-shift, part-time job at the Italian U-Boat restaurant in Hoffman Estates, IL. After the Manager leaves, the other slackers and I would shut off the horrible Muzak tape, put our boom boxes up to the microphone and blast our 80's music over the PA system as we prepped the restaurant for the morning shift. Back then, whistling along to this classic tune would whisk me away from my sheltered suburban life to dream of what my future would bring once I escaped to college and life beyond. I still listen to it on YouTube a few times a year when I need to "recharge" and "disconnect" from the stresses of the real world. Needless to say, I should have made this song my phone's ringtone for 2020! |
| Walking on Sunshine – Katrina and the Waves | |
| Christina Bredhold | When I'm in a funk or feeling down, I can put this song on and it helps me get up and dance (or chair dance) and kick the mood! Not so much about the lyrics of this one as it is about the beat and the chorus. |

| *We Go On – Amanda Watkins | |
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| Barbara J. Miller | This became the "theme song" after the Southern West Virginia Historic Flooding in 2016. See https://www.youtube.com/watch?v=CFqILTCUShg |
| Wepa – Gloria Estefan | |
| Jorge Rodriguez | Good beat - just makes you move. |
| Whatever It Takes – Imagine Dragons | |
| Maribel Street | Pump up jam! |
| White Sandy Beach – Israel Kamakawiwo'ole | |
| Pascal Rodier | Takes me home.... |
| You Make Me Feel Like Dancing – Leo Sayer | |
| Dee Haney | My pump-up song, it really brings me back to my youth and carefree days |
| You Ought to Be Havin Fun – Tower of Power | |
| Curtis Jones | Can share this song with my son, and it reminds him of his time in training. Puts a smile on his face. |