

Your Music Vibe™

mini-

Workbook

WWW.RUTHDELEON.COM

©2025 Ruth Deleon

About

Your Music Vibe™

A new program designed for adults looking to ease stress and anxiety through the power of music.

- **Avoid burn-out with simple music habits**
- **Bypass unnecessary medications and doctor visits**
- **Connect with your ideal self**
- **Dissolve feelings of emotional overwhelm**
- **Experience how music can create powerful and real change in your life**



Ruth De Leon is a musician, wellness coach, and entrepreneur passionate about helping adults find more beautiful and holistic methods of easing stress and anxiety through music and the arts.

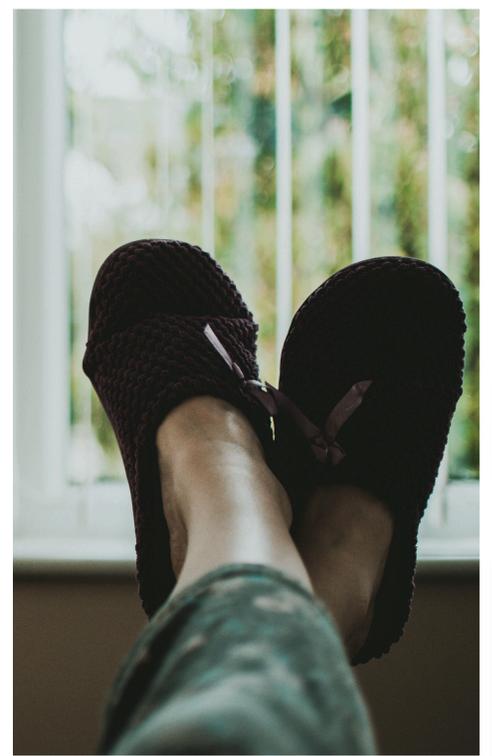
Reset Your Mind and Body Through Music

Music is more than background noise. Its a tool to reset your nervous system and calm your stress. It can help you connect with your emotional rhythm-- with a simple practice you can start today.



Music For Emotional Regulation

Music uses tension and release--just like emotions. This is achieved by listening to moving chord progressions that help us process and release feelings.



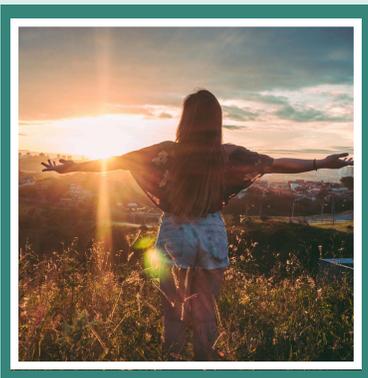
The Emotional Reset



1. Choose a song that matches your current mood.



2. Allow yourself to fully experience what your feeling.



3. Follow with a second song that makes you feel better than the first.

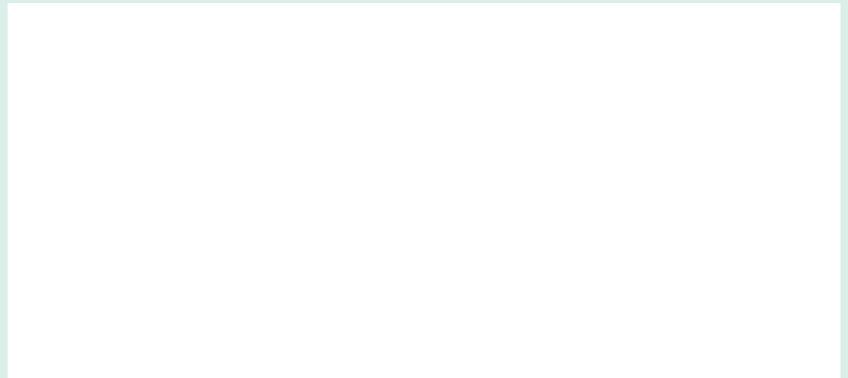
Try the following:

Let's Practice!

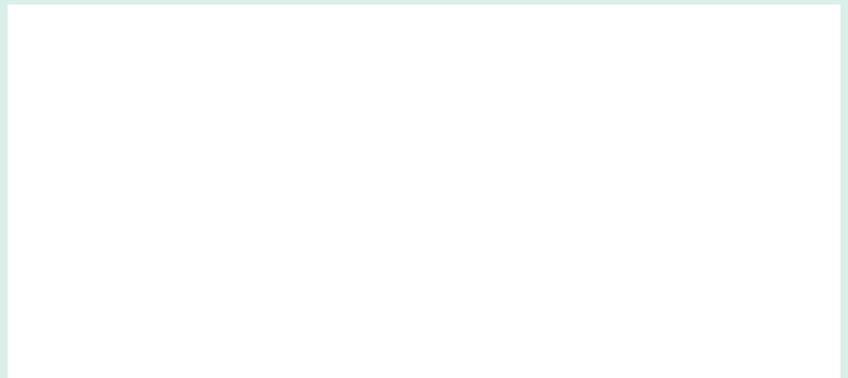
Write in the box
one or two songs
that match your
emotions



Listen to a chosen
song and write in
the box what
emotion(s) you feel



Listen to a second
song that makes
you feel a better
emotion



Continue exploring and experimenting with **The Emotional Reset** by using the accompanying Journal.



“ Music is a powerful tool that has real, scientific evidence...”

Music is a powerful tool that has real, scientific evidence of positive impact on the human body. And it has been impacting human wellness for centuries.

This mini-book and journal is just a peek into the many ways music can positively impact your life.

To learn more and go deeper with like-minded individuals consider becoming a founding member to **Your Music Vibe™**.

visit: www.ruthdeleon.com

*“ Music is the universal
language. Every nation,
every culture creates it.
Nothing in life, not even the
kindest words, can resonate
so deeply in the human
heart.”*

~ Ruth De Leon

**Thank you for visiting! For more music-
inspired tools, insights, and calming content
follow me on Instagram: @msruthdeleon**

Your Music Vibe™

Journal

WWW.RUTHDELEON.COM

©2025 Ruth Deleon

How are you
feeling today?

Apply the
Emotional Reset:

1.

2.

3.

Reflect on how
music affected you.

My mood after intentional music listening is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful

How are you
feeling today?

Apply the
Emotional Reset:

1.

2.

3.

Reflect on how
music affected you.

My mood after intentional music listening is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful
