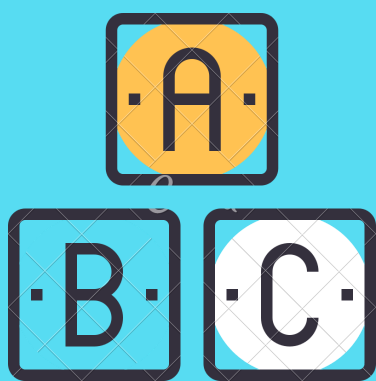


R.E.L.A.X. Method

Quick Reference Guide

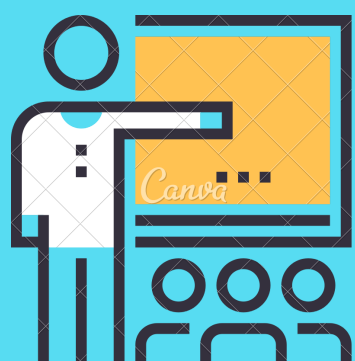


1.) R = RECOGNIZE

The first step is to recognize your stress level rising. Identify what the particular stressors are and how you can manage them.

2.) E = EXERCISE

Exercise is a powerful stress reliever. Not only does exercise have obvious positive physical effects, it is a powerful outlet for releasing negative emotions and managing stress.

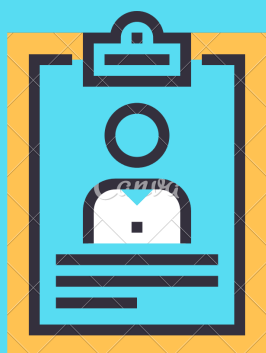


3.) L = LETTING GO

Let go of those things that are out of your control. Failure is a part of life and often leads to much greater success. You may realize many of your stressors are pointless due to them being out of your control.

4.) A = ATTITUDE

Attitude is a critical aspect of reducing and managing stress. This is an aspect where you have complete control. A positive mental attitude is key to your success.



5.) X = X-TRA SLEEP

Proper and quality sleep is a crucial but largely overlooked component for reducing stress. Sleep allows the mind and body to renew itself and sustain appropriate energy levels.

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COURTESY OF XPERIENCE WELLNESS LLC
COMPILED BY KEN ROSSICS**