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program is used across the  
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preventive tool and  
intervention strategy. The  
66 scripts focus on the  
following themes:  
R=Releasing Tension;  
E=Enjoying Life; L=Learning;  
A=Appreciating Others; X=X-  
panding Your Knowledge.

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**R.E.L.A.X.: Research-Based  
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## **Ready Set R E L A Research Based Program Of Relaxation**

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Part II—The Ready, Set,  
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Neck, and Face Relaxing  
Lower Body Relaxing Upper  
Body Relaxing the Whole Body  
Quick Relaxation Exercise  
Body Breathing—My breathing  
is slow and deep.

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**Based . . .**

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**Ready...Set...R.E.L.A.X. -  
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E=Enjoying Life; L=Learning;  
A=Appreciating Others; X=X-  
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6 paths to true harmony:

Ready, set, r-e-l-a-x. ...

linger for a moment and,

when ready, head back to

work. If you never do this,

set a goal of one per week.

If you already have one or

two per week, add another.

The benefits will accrue if

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you take five to seven  
leisurely lunches each  
month. You'll return to work  
less stressed, more  
energized ...

**6 paths to true harmony:  
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audenjohnson on June 17,  
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**Blog Hop . . .**

Jeffrey S. Allen is the author of Ready . . . Set . . . R.E.L.A.X. (4.00 avg rating, 35 ratings, 2 reviews, published 1996) and Relax.Calm (0.0 avg rating)

**Jeffrey S. Allen (Author of Ready . . . Set . . . R.E.L.A.X.)**

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