



## Protocol for Relaxation

Dr. Karen Overall

### Day 1 Tasks

Sit/down for 5 seconds	
Sit/down for 10 seconds	
Sit/down while you take 1 step back and return	
Sit/down while you take 2 steps back and return	
Sit/down for 10 seconds	
Sit/down while you take 1 step to the right and return	
Sit/down while you take 1 step to the left and return	
Sit/down for 10 seconds	
Sit/down while you take 2 steps back and return	
Sit/down while you take 2 steps to the right and return	
Sit/down for 15 seconds	
Sit/down while you take 2 steps to the left and return	
Sit/down while you clap your hands softly once	
Sit/down while you take 3 steps back and return	
Sit/down while you count out loud to 10	
Sit/down while you clap your hands softly once	
Sit/down while you count out loud to 20	

Sit/down while you take 3 steps to the right and return	
Sit/down while you clap your hands softly twice	
Sit/down for 3 seconds	
Sit/down for 5 seconds	
Sit/down while you take 1 step back and return	
Sit/down for 3 seconds	
Sit/down for 10 seconds	
Sit/down for 5 seconds	
Sit/down for 3 seconds	