



Protocol for Relaxation

Dr. Karen Overall

Day 10 Tasks

Sit/down for 5 seconds while you clap	
Sit/down for 10 seconds while you touch your toes	
Sit/down for 15 seconds while you Sit/down in a chair	
Sit/down while you walk quickly 15 steps to the right and return	
Sit/down while you walk quickly 15 steps to the left and return	
Sit/down while you walk approximately 20 steps to an entrance and return	
Sit/down while you disappear from view for 5 seconds and return	
Sit/down while you disappear from view for 10 seconds and return	
Sit/down while you disappear from view for 15 seconds and return	
Sit/down for 10 seconds	
Sit/down for 5 seconds	
Sit/down while you walk quickly 15 steps to the right and return	
Sit/down while you walk quickly 15 steps to the left and return	
Sit/down while you approximately 20 steps to an entrance and return	
Sit/down while you disappear from view for 5 seconds and return	
Sit/down while you disappear from view for 10 seconds and return	
Sit/down while you disappear from view for 15 seconds and return	

Sit/down while you disappear from view for 5 seconds, knock softly on the wall, and return	
Sit/down for 5 seconds	
Sit/down while you disappear from view for 5 seconds and return	
Sit/down while you disappear from view for 10 seconds and return	
Sit/down while you disappear from view for 15 seconds and return	
Sit/down while you disappear from view for 5 seconds, knock softly on the wall, and return	
Sit/down while you disappear from view, knock quickly but softly on the wall, and return	
Sit/down for 5 seconds	
Sit/down while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit/down for 10 seconds	
Sit/down for 5 seconds	