



Protocol for Relaxation

Dr. Karen Overall

Day 11 Tasks

Sit/down for 5 seconds	
Sit/down for 10 seconds	
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 30 seconds	
Sit/down while you disappear from view, ring the doorbell, and immediately return	
Sit/down while you disappear from view, ring the doorbell, wait 2 seconds, and return	
Sit/down for 30 seconds	
Sit/down while you disappear from view, ring the doorbell, and immediately return	
Sit/down while you disappear from view, ring the doorbell, wait 5 seconds, and return	
Sit/down for 30 seconds	
Sit/down while you disappear from view, ring the doorbell, and immediately return	
Sit/down while you disappear from view, ring the doorbell, wait 10 seconds, and return	
Sit/down for 5 seconds while you jog around the dog	
Sit/down while you walk around the dog	
Sit/down while you jog around the dog	

Sit/down while you jog around the dog, clapping your hands	
Sit/down while you jog twice around the dog	
Sit/down for 10 seconds	
Sit/down for 15 seconds while you clap your hands	
Sit/down for 20 seconds	
Sit/down while you move three fourths of the way around the dog to the right and return	
Sit/down while you move three fourths of the way around the dog to the left and return	
Sit/down while you disappear from view for 10 seconds and return	
Sit/down while you circle the dog and return	
Sit/down for 10 seconds	
Sit/down for 5 seconds	