



## Protocol for Relaxation

Dr. Karen Overall

### Day 12 Tasks

Sit/down for 10 seconds	
Sit/down for 5 seconds while you clap your hands	
Sit/down for 15 seconds	
Sit/down for 20 seconds while you hum	
Sit/down while you disappear from view for 20 seconds and return	
Sit/down while you disappear from view for 25 seconds and return	
Sit/down for 5 seconds while you Sit/down in a chair near the dog	
Sit/down while you disappear from view for 10 seconds, Sit/down in a chair for 5 seconds, and return	
Sit/down for 15 seconds	
Sit/down for 20 seconds while you hum	
Sit/down while you disappear from view for 20 seconds and return	
Sit/down while you disappear from view for 25 seconds and return	
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 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, say "hello," and return	
Sit/down while you disappear from view, say "hello," wait 3 seconds, return	
Sit/down for 10 seconds	
Sit/down for 5 seconds and return	