



Protocol for Relaxation

Dr. Karen Overall

Day 13 Tasks

Sit/down for 5 seconds	
Sit/down for 15 seconds while you hum	
Sit/down for 15 seconds while you clap your hands and 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 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, say "hello," wait 5 seconds, and return	
Sit/down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return	
Sit/down for 30 seconds	
Sit/down while you disappear from view, say "hello," wait 5 seconds, and return	
Sit/down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return	
Sit/down for 20 seconds while you hum	
Sit/down for 15 seconds while you clap your hands	
Sit/down for 5 seconds	
Sit/down while you jog around the dog	
Sit/down for 10 seconds while you clap your hands and hum	
Sit/down for 5 seconds while you jog in place	
Sit/down while you jog around the dog, humming	