



Protocol for Relaxation

Dr. Karen Overall

Day 14 Tasks

Sit/down for 10 seconds	
Sit/down for 10 seconds	
Sit/down for 5 seconds while you clap your hands and hum	
Sit/down while you run around the dog	
Sit/down while you walk back and forth to the door	
Sit/down while you leave the room, quickly knock or ring the doorbell, and return	
Sit/down for 5 seconds	
Sit/down for 10 seconds	
Sit/down for 10 seconds	
Sit/down for 5 seconds while you clap your hands and hum	
Sit/down while you run around the dog	
Sit/down while you walk back and forth to the door	
Sit/down while you leave the room, quickly knock or ring the doorbell, and return	
Sit/down for 5 seconds	
Sit/down for 10 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 10 seconds, and return	
Sit/down for 30 seconds	
Sit/down while you disappear from view, say "hello," wait 10 seconds, and return	
Sit/down while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return	
Sit/down for 20 seconds while you hum	
Sit/down for 20 seconds	
Sit/down for 5 seconds	