



Protocol for Relaxation

Dr. Karen Overall

Day 2 Tasks

Sit/down for 10 seconds	
Sit/down while you take 1 step back and return	
Sit/down while you take 3 steps back and return	
Sit/down for 10 seconds	
Sit/down while you take 3 steps to the right and return	
Sit/down while you take 3 steps to the left and return	
Sit/down for 10 seconds	
Sit/down while you take 3 steps to the right and clap your hands	
Sit/down while you take 3 steps to the left and clap your hands	
Sit/down for 5 seconds Sit/down for 10 seconds	
Sit/down while you walk one fourth of the way around the dog to the right	
Sit/down while you take 4 steps back	
Sit/down while you walk one fourth of the way around the dog to the left	
Sit/down for 10 seconds	
Sit/down while you take 5 steps back from the dog, clapping your hands, and return	
Sit/down while you walk halfway around the dog to the right and return	
Sit/down while you walk halfway around the dog to the left and return	

Sit/down for 10 seconds	
Sit/down while you jog quietly in place for 3 seconds	
Sit/down while you jog quietly in place for 5 seconds	
Sit/down while you jog quietly in place for 10 seconds	
Sit/down for 10 seconds	
Sit/down while you jog one fourth of the way around the dog to the right and return	
Sit/down while you jog one fourth of the way around the dog to the left and return	
Sit/down for 5 seconds	
Sit/down for 10 seconds	