



## Protocol for Relaxation

Dr. Karen Overall

### Day 3 Tasks

Sit/down for 10 seconds	
Sit/down for 15 seconds	
Sit/down while you take 2 steps backward and return	
Sit/down while you jog 5 steps backward from the dog 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 while you take 10 steps backward and return	
Sit/down for 15 seconds	
Sit/down while you take 10 steps to the left and return	
Sit/down while you take 10 steps to the right and return	
Sit/down for 20 seconds	
Sit/down while you walk halfway around the dog to the right, clapping your hands, and return	
Sit/down for 20 seconds	
Sit/down while you walk halfway around the dog to the left, clapping your hands, and return	
Sit/down for 10 seconds	
Sit/down while you jog 10 steps to the right and return	
Sit/down while you job 10 steps to the left and return	

Sit/down while you jog in place for 10 seconds	
Sit/down for 15 seconds	
Sit/down while you jog in place for 20 seconds	
Sit/down for 10 seconds	
Sit/down while you jog backward 5 steps and return	
Sit/down while you jog to the right 5 steps and return	
Sit/down while you jog to the left 5 steps and return	
Sit/down for 5 seconds while you clap your hands	
Sit/down for 10 seconds while you clap your hands	
Sit/down for 10 seconds	
Sit/down for 5 seconds	