



## Protocol for Relaxation

Dr. Karen Overall

### Day 4 Tasks

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

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 walk all the way around the dog	
Sit/down while you walk approximately 20 steps to an entrance and return	
Sit/down while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit/down while you walk around the dog, quietly clapping your hands, and then return	
Sit/down for 20 seconds	
Sit/down while you jog quickly around the dog	
Sit/down for 20 seconds	
Sit/down for 10 seconds while you clap your hands	