



Protocol for Relaxation

Dr. Karen Overall

Day 5 Tasks

Sit/down for 5 seconds	
Sit/down for 15 seconds	
Sit/down while you walk quickly 15 steps to the right and return	
Sit/down while you walk quickly 15 steps to the left and return	
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 for 20 seconds	
Sit/down while you walk around the dog, clapping your hands	
Sit/down for 20 seconds	
Sit/down for 10 seconds	
Sit/down while you walk quickly backward, clapping your hands, and return	
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 go to an entrance and just touch the doorknob or wall and return	
Sit/down for 10 seconds	
Sit/down while you walk quickly backward, clapping your hands, and return	
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 go to an entrance and just touch the doorknob or wall and return	
Sit/down for 20 seconds	
Sit/down while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit/down while you go to an entrance and just touch the doorknob or wall and return	
Sit/down for 10 seconds	
Sit/down while the doorknob is touched or you move into entryway and return	
Sit/down for 10 seconds	
Sit/down for 15 seconds while you clap your hands	
Sit/down for 10 seconds while you jog in place	
Sit/down for 5 seconds	