



## Protocol for Relaxation

Dr. Karen Overall

### Day 6 Tasks

Sit/down for 10 seconds	
Sit/down for 20 seconds while you jog back and forth in front of the dog	
Sit/down for 15 seconds	
Sit/down while you walk approximately 20 steps to an entrance and return	
Sit/down while you walk quickly backward, 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 while jogging	
Sit/down while you walk around the dog	
Sit/down while you walk around the dog, clapping your hands	
Sit/down for 15 seconds	
Sit/down for 20 seconds	
Sit/down for 30 seconds	
Sit/down while you walk quickly backward, clapping your hands, and return	
Sit/down while you go to an entrance and just touch the doorknob or wall and return	
Sit/down while you open the door or go into the entranceway for 5 seconds and return	
Sit/down while you open the door or go into the entranceway for 10 seconds and return	
Sit/down for 30 seconds	

Sit/down while you walk quickly backward, 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 go through the door or the entranceway and return	
Sit/down while you go through the door or the entranceway, clapping your hands, and return	
Sit/down while you open the door or go through the entranceway for 10 seconds and return	
Sit/down for 30 seconds	
Sit/down while you disappear from view for 5 seconds and return	
Sit/down for 20 seconds	
Sit/down for 10 seconds while you clap your hands	
Sit/down for 5 seconds	