



Protocol for Relaxation

Dr. Karen Overall

Day 7 Tasks

Sit/down for 10 seconds	
Sit/down for 20 seconds while you clap your hands	
Sit/down while you take 10 steps backward and return	
Sit/down while you walk around the dog	
Sit/down while you go through the door or the entranceway and then 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 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 10 seconds and return	
Sit/down while you disappear from view for 15 seconds and return	
Sit/down for 10 seconds	
Sit/down for 15 seconds	

Sit/down for 5 seconds while you clap your hands	
Sit/down while you jog in place for 10 seconds	
Sit/down while you jog three fourths of the way to the right and return	
Sit/down while you jog three fourths of the way to the left 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 15 seconds and return	
Sit/down for 10 seconds	
Sit/down for 5 seconds	