



Protocol for Relaxation

Dr. Karen Overall

Day 8 Tasks

Sit/down for 10 seconds	
Sit/down for 15 seconds while you jog and clap your hands	
Sit/down while you back up 15 steps and return	
Sit/down while you circle the dog and return	
Sit/down while you disappear from view for 20 seconds and return	
Sit/down while you disappear from view for 25 seconds and return	
Sit/down for 5 seconds Sit/down for 5 seconds while you Sit/down in a chair (placed 5 feet from the dog)	
Sit/down for 5 seconds	
Sit/down for 15 seconds while you jog and clap your hands	
Sit/down while you back up 15 steps and return	
Sit/down while you circle the dog and return	
Sit/down while you disappear from view for 20 seconds and return	
Sit/down while you disappear from view for 30 seconds and return	
Sit/down for 5 seconds	
Sit/down while you circle the dog and return	
Sit/down while you disappear from view for 20 seconds and return	
Sit/down while you disappear from view for 25 seconds and return	

Sit/down for 5 seconds while you Sit/down in a chair near the dog	
Sit/down while you disappear from view for 10 seconds, Sit/down in a chair for 5 seconds, and return	
Sit/down for 10 seconds	
Sit/down for 20 seconds while you jog and clap your hands	
Sit/down for 15 seconds while you run around the dog	
Sit/down for 10 seconds	
Sit/down for 5 seconds while you turn around	
Sit/down for 5 seconds while you Sit/down in a chair near the dog	
Sit/down while you disappear from view for 10 seconds, Sit/down in a chair for 5 seconds, and return	
Sit/down for 10 seconds	