



Protocol for Relaxation

Dr. Karen Overall

Day 9 Tasks

Sit/down for 5 seconds	
Sit/down for 10 seconds while you turn around	
Sit/down for 5 seconds while you jog	
Sit/down while you walk around the dog	
Sit/down while you jog around the dog	
Sit/down while you jog around the dog, clapping your hands	
Sit/down while you jog twice around the dog	
Sit/down for 10 seconds	
Sit/down for 15 seconds while you clap your hands	
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 disappear from view for 10 seconds 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 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 while you bend down and touch your toes	
Sit/down while you stretch your arms	
Sit/down while you stretch your arms and jump once	
Sit/down while you touch your toes 5 times	
Sit/down while you stretch your arms and jump 3 times	
Sit/down for 15 seconds	
Sit/down for 10 seconds	
Sit/down for 5 seconds	