

WEEK  
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Follow us for Training Focus & Calmness,  
Using Karen Overall's Protocol For Relaxation,  
(a helpful tool since 1997)

- Down for 5 seconds
- Down for 10 seconds
- Down while you take 1 step back and return
- Down while you take 2 steps back and return
- Down for 10 seconds
- Down while you take 1 step to the right and return
- Down while you take 1 step to the left and return
- Down for 10 seconds
- Down while you take 2 steps back and return
- Down while you take 2 steps to the right and return
- Down for 15 seconds
- Down while you take 2 steps to the left and return
- Down while you clap your hands softly once
- Down while you take 3 steps back and return
- Down while you count out loud to 10
- Down while you clap your hands softly once
- Down while you count out loud to 20
- Down while you take 3 steps to the right and return
- Down while you clap your hands softly twice
- Down for 3 seconds
- Down for 5 seconds
- Down while you take 1 step back and return
- Down for 3 seconds
- Down for 10 seconds
- Down for 5 seconds
- Down for 3 seconds

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- Down for 10 seconds
- Down while you take 1 step back and return
- Down while you take 3 steps back and return
- Down for 10 seconds
- Down while you take 3 steps to the right and return
- Down while you take 3 steps to the left and return
- Down for 10 seconds
- Down while you take 3 steps to the right and clap your hands
- Down while you take 3 steps to the left and clap your hands
- Down for 5 seconds
- Down for 10 seconds
- Down while you walk one fourth of the way around the dog to the right
- Down while you take 4 steps back
- Down while you walk one fourth of the way around the dog to the left
- Down for 10 seconds
- Down while you take 5 steps back from the dog, clapping hands, return
- Down while you walk halfway around the dog to the right and return
- Down while you walk halfway around the dog to the left and return
- Down for 10 seconds
- Down while you jog quietly in place for 3 seconds
- Down while you jog quietly in place for 5 seconds
- Down while you jog quietly in place for 10 seconds
- Down for 10 seconds
- Down while you jog one fourth of the way around dog to right and return
- Down while you jog one fourth of the way around dog to left and return
- Down for 5 seconds

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- Down for 10 seconds
- Down for 15 seconds
- Down while you take 2 steps backward and return
- Down while you jog 5 steps backward from the dog and return
- Down while you walk halfway around the dog to the right and return
- Down while you walk halfway around the dog to the left and return
- Down while you take 10 steps backward and return
- Down for 15 seconds
- Down while you take 10 steps to the left and return
- Down while you take 10 steps to the right and return
- Down for 20 seconds
- Down for 20 seconds
- Down while you walk halfway around dog to left, clapping hands, return
- Down for 10 seconds
- Down while you jog 10 steps to the right and return
- Down while you jog 10 steps to the left and return
- Down while you jog in place for 10 seconds
- Down for 15 seconds
- Down while you jog in place for 20 seconds
- Down for 10 seconds
- Down while you jog backward 5 steps and return
- Down while you jog to the right 5 steps and return
- Down while you jog to the left 5 steps and return
- Down for 5 seconds while you clap your hands
- Down for 10 seconds while you clap your hands
- Down for 5 seconds

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- Down for 10 seconds
- Down while you jog backward 5 steps and return
- Down for 20 seconds
- Down while you jog halfway around the dog to the right and return
- Down while you jog halfway around the dog to the left and return
- Down while moving three fourths of the way around dog to right, return
- Down while moving three fourths of the way around dog to left, return
- Down while you jog backward 5 steps, clapping your hands, and return
- Down for 10 seconds
- Down while you clap your hands for 20 seconds
- Down while you move quickly backward 10 steps and return
- Down while you move quickly 15 steps backward and return
- Down for 20 seconds
- Down while you jog halfway around the dog to the right and return
- Down while you jog halfway around the dog to the left and return
- Down while you walk quickly 15 steps to the left and return
- Down while you walk quickly 15 steps to the right and return
- Down for 20 seconds
- Down while moving three fourths of the way around dog to right, return
- Down while moving three fourths of the way around dog to left, return
- Down while you walk all the way around the dog
- Down while you walk approximately 20 steps to an entrance and return
- Down while walking 20 steps to an entrance, clapping hands and return
- Down while you walk around dog, quietly clapping hands, then return
- Down while you jog quickly around the dog
- Down for 10 seconds while you clap your hands

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

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- Down for 10 seconds
- Down for 20 seconds while you jog back and forth in front of the dog
- Down for 15 seconds
- Down while you walk approximately 20 steps to an entrance and return
- Down while you walk quickly backward, clapping your hands, and return
- Down while you go to an entrance, just touch doorknob or wall, return
- Down for 20 seconds while jogging
- Down while you walk around the dog
- Down while you walk around the dog, clapping your hands
- Down for 20 seconds
- Down for 30 seconds
- Down while you walk quickly backward, clapping your hands, and return
- Down while you go to an entrance, just touch doorknob or wall, return
- Down while opening door or going into entranceway for 5 seconds, return
- Down while opening door or going into entranceway for 10 seconds, return
- Down for 30 seconds
- Down while you walk quickly backward, clapping your hands, and return
- Down while you go to an entrance, just touch doorknob or wall, return
- Down for 10 seconds
- Down while you go through the door or the entranceway and return
- Down while going through door or entranceway, clapping hands, return
- Down while opening door/going through entranceway for 10 seconds, return
- Down for 30 seconds
- Down while you disappear from view for 5 seconds and return
- Down for 20 seconds
- Down for 10 seconds while you clap your hands

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- Down for 10 seconds
- Down for 20 seconds while you clap your hands
- Down while you take 10 steps backward and return
- Down while you walk around the dog
- Down while you go through the door or entranceway and then return
- Down while you go through door or entranceway, clapping hands, return
- Down while you open and close the door for 10 seconds and return
- Down for 30 seconds
- Down while you disappear from view for 5 seconds and return
- Down while you go through the door or the entranceway and return
- Down while you go through door or entranceway, clapping hands, return
- Down while you open and close the door for 10 seconds and return
- Down for 30 seconds
- Down while you disappear from view for 10 seconds and return
- Down while you disappear from view for 15 seconds and return
- Down for 10 seconds
- Down for 15 seconds
- Down for 5 seconds while you clap your hands
- Down while you jog in place for 10 seconds
- Down while you jog three fourths of the way to the right and return
- Down while you jog three fourths of the way to the left and return
- Down while you go through door or entranceway, clapping hands, return
- Down while you open and close the door for 10 seconds and return
- Down for 30 seconds
- Down while you disappear from view for 15 seconds and return
- Down for 10 seconds

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- Down for 10 seconds
- Down for 15 seconds while you jog and clap your hands
- Down while you back up 15 steps and return
- Down while you circle the dog and return
- Down while you disappear from view for 20 seconds and return
- Down while you disappear from view for 25 seconds and return
- Down for 5 seconds
- Down for 5 seconds while you sit in a chair (placed 5 feet from the dog)
- Down for 15 seconds while you jog and clap your hands
- Down while you back up 15 steps and return
- Down while you circle the dog and return
- Down while you disappear from view for 20 seconds and return
- Down while you disappear from view for 30 seconds and return
- Down for 5 seconds
- Down while you circle the dog and return
- Down while you disappear from view for 20 seconds and return
- Down while you disappear from view for 25 seconds and return
- Down for 5 seconds while you sit in a chair near the dog
- Down while you disappear for 10 seconds, sit in a chair for 5 and return
- Down for 10 seconds
- Down for 20 seconds while you jog and clap your hands
- Down for 15 seconds while you run around the dog
- Down for 5 seconds while you turn around
- Down for 5 seconds while you sit in a chair near the dog
- Down while you disappear for 10 seconds, sit in a chair for 5 and return
- Down for 10 seconds

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Down for 5 seconds  
Down for 10 seconds while you turn around  
Down for 5 seconds while you jog  
Down while you walk around the dog  
Down while you jog around the dog  
Down while you jog around the dog, clapping your hands  
Down while you jog twice around the dog  
Down for 10 seconds  
Down for 15 seconds while you clap your hands  
Down for 20 seconds  
Down while moving three fourths of the way around dog to right, return  
Down while moving three fourths of the way around dog to left, return  
Down while you disappear from view for 10 seconds and return  
Down while you circle the dog and return  
Down while you disappear from view for 20 seconds and return  
Down while you disappear from view for 25 seconds and return  
Down for 5 seconds while you down in a chair near the dog  
Down while disappearing from view 10 seconds, sit in chair for 5, return  
Down for 10 seconds  
Down while you bend down and touch your toes  
Down while you stretch your arms  
Down while you stretch your arms and jump once  
Down while you touch your toes 5 times  
Down while you stretch your arms and jump 3 times  
Down for 15 seconds  
Down for 10 seconds

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Down for 5 seconds while you clap  
Down for 10 seconds while you touch your toes  
Down for 15 seconds while you touch in a chair  
Down while you walk quickly 15 steps to the right and return  
Down while you walk quickly 15 steps to the left and return  
Down while you walk approximately 20 steps to an entrance and return  
Down while you disappear from view for 5 seconds and return  
Down while you disappear from view for 10 seconds and return  
Down while you disappear from view for 15 seconds and return  
Down for 10 seconds  
Down while you walk quickly 15 steps to the right and return  
Down while you walk quickly 15 steps to the left and return  
Down while you approximately 20 steps to an entrance and return  
Down while you disappear from view for 5 seconds and return  
Down while you disappear from view for 10 seconds and return  
Down while you disappear from view for 15 seconds and return  
Down while disappearing for 5 seconds, knock softly on wall, return  
Down for 5 seconds  
Down while you disappear from view for 5 seconds and return  
Down while you disappear from view for 10 seconds and return  
Down while you disappear from view for 15 seconds and return  
Down while disappearing for 5 seconds, knock softly on wall, return  
Down while disappearing from view, knock quickly but softly on wall, return  
Down for 5 seconds  
Down while disappearing for 10 seconds, knock softly on wall, return  
Down for 10 seconds

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Down for 10 seconds  
Down while disappearing from view, knock quickly, softly on wall, return  
Down for 5 seconds  
Down while disappearing for 10 secs, knock quickly, softly on wall, return  
Down for 30 seconds  
Down while you disappear from view, ring doorbell, immediately return  
Down while you disappear from view, ring doorbell, wait 2 seconds, return  
Down for 30 seconds  
Down while you disappear from view, ring doorbell, immediately return  
Down while you disappear from view, ring doorbell, wait 5 seconds, return  
Down for 30 seconds  
Down while you disappear from view, ring doorbell, immediately return  
Down while you disappear from view, ring doorbell, wait 10 seconds, return  
Down for 5 seconds while you jog around the dog  
Down while you walk around the dog  
Down while you jog around the dog  
Down while you jog around the dog, clapping your hands  
Down while you jog twice around the dog  
Down for 10 seconds  
Down for 15 seconds while you clap your hands  
Down for 20 seconds  
Down while moving three fourths of the way around dog to right, return  
Down while moving three fourths of the way around dog to left, return  
Down while you disappear from view for 10 seconds and return  
Down while you circle the dog and return  
Down for 10 seconds

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Down for 10 seconds  
Down for 5 seconds while you clap your hands  
Down for 20 seconds while you hum  
Down while you disappear from view for 20 seconds and return  
Down while you disappear from view for 25 seconds and return  
Down for 5 seconds while you down in a chair near the dog  
Down while you disappear for 10 seconds, sit in a chair for 5, return  
Down for 15 seconds  
Down for 20 seconds while you hum  
Down while you disappear from view for 20 seconds and return  
Down while you disappear from view for 25 seconds and return  
Down while moving three fourths of the way around dog to right, return  
Down while moving three fourths of the way around dog to left, return  
Down while you disappear from view for 10 seconds and return  
Down while you circle the dog and return  
Down for 10 seconds  
Down while you disappear, knock quickly but softly on the wall, return  
Down for 5 seconds  
Down while you disappear for 10 seconds, knock softly on wall, return  
Down for 30 seconds  
Down while you disappear from view, ring doorbell, immediately return  
Down while you disappear from view, ring doorbell, wait 2 seconds, return  
Down for 30 seconds  
Down while you disappear from view, say "hello," and return  
Down while you disappear from view, say "hello," wait 3 seconds, return  
Down for 10 seconds

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- Down for 5 seconds
- Down for 15 seconds while you hum
- Down for 15 seconds while you clap your hands and hum
- Down while you disappear from view for 20 seconds and return
- Down while you disappear from view for 25 seconds and return
- Down for 5 seconds while you sit in a chair near the dog
- Down while you disappear for 10 seconds, sit in a chair for 5, return
- Down for 10 seconds
- Down while you disappear, knock quickly but softly on wall, and return
- Down for 5 seconds
- Down while you disappear for 10 seconds, knock softly on the wall, return
- Down for 30 seconds
- Down while you disappear, ring the doorbell, and immediately return
- Down while you disappear from view, ring doorbell, wait 2 seconds, return
- Down for 30 seconds
- Down while you disappear from view, say "hello," wait 5 seconds, return
- Down while disappearing, knock or ring doorbell, say "hello," wait 5, return
- Down for 30 seconds
- Down while you disappear from view, say "hello," wait 5 seconds, return
- Down while disappearing, knock or ring doorbell, say "hello," wait 5, return
- Down for 20 seconds while you hum
- Down for 15 seconds while you clap your hands
- Down while you jog around the dog
- Down for 10 seconds while you clap your hands and hum
- Down for 5 seconds while you jog in place
- Down while you jog around the dog, humming

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- Down for 10 seconds
- Down for 5 seconds while you clap your hands and hum
- Down while you run around the dog
- Down while you walk back and forth to the door
- Down while you leave the room, quickly knock or ring doorbell, return
- Down for 5 seconds
- Down for 10 seconds
- Down for 10 seconds
- Down for 5 seconds while you clap your hands and hum
- Down while you run around the dog
- Down while you walk back and forth to the door
- Down while you leave the room, quickly knock or ring doorbell, return
- Down for 5 seconds
- Down for 10 seconds
- Down while you disappear for 10 seconds, knock softly on wall, return
- Down for 30 seconds
- Down while you disappear from view, ring doorbell, immediately return
- Down while you disappear from view, ring doorbell, wait 2 seconds, return
- Down for 30 seconds
- Down while you disappear from view, say "hello," wait 5 seconds, return
- Down while disappearing, knock or ring doorbell, say "hello," wait 10, return
- Down for 30 seconds
- Down while you disappear from view, say "hello," wait 10 seconds, return
- Down while disappearing, knock or ring doorbell, say "hello," wait 10, return
- Down for 20 seconds while you hum
- Down for 20 seconds

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- Down for 10 seconds
- Down for 10 seconds
- Down for 5 seconds
- Down for 15 seconds while you clap your hands and hum
- Down while disappearing, knock/ring doorbell, say "hi" talk for 10, return
- Down for 20 seconds while you hum
- Down while disappearing, say "hi", invite imaginary person in, wait 5, return
- Down for 10 seconds
- Down for 5 seconds
- Down while disappearing, say "hi", invite imaginary person in, wait 10, return
- Down while disappearing, say "hi", talk (as if to someone) for 5, return
- Down for 5 seconds while you clap your hands and hum
- Down while you run around the dog
- Down while you walk back and forth to the door
- Down while you leave the room, quickly knock or ring doorbell, return
- Down for 5 seconds
- Down while leaving room, knock or ring doorbell for 3 seconds, return
- Down while leaving room, knock or ring doorbell for 5 seconds, return
- Down while leaving room, talk for 3 seconds to people who are not there
- Down while leaving room, talk for 5 seconds to people who are not there
- Down while leaving room, talk for 10 seconds to people who are not there
- Down while you run around the dog
- Down for 10 seconds while you sit in a chair
- Down for 30 seconds while you sit in a chair
- Down for 15 seconds while you clap your hands and jog
- Down for 5 seconds

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