

EYE EXERCISES

NECK STRETCHES:

- Stretch neck all the way left (Ear on shoulder) - **Hold for 3 seconds**
- Stretch neck all the way right (Ear on right shoulder) - **Hold for 3 seconds**
- Stretch neck all the way forward (Chin to your chest) - **Hold for 3 seconds**
- Stretch neck all the way back (Chin up high) - **Hold for 3 seconds**
- Look over you left shoulder (Use your right arm and press on your left leg to enhance the stretch) - **Hold for 3 seconds**
- Look over you right shoulder (Use your left arm and press on your right leg to enhance the stretch) - **Hold for 3 seconds**
- Rotate shoulders forward three times then rotate them backwards three times

Repeat two more times

EYE ROTATIONS:

- Rotate eyes clockwise three times slowly (Keeping your head still)
- Rotate eyes counter clockwise three times slowly (Keeping your head still)

Repeat two more times

EYE STRETCHES:

- Look up (Moving your eyes only) - **Hold for 3 seconds**
- Look down (Moving your eyes only) - **Hold for 3 seconds**
- Look left (Moving your eyes only) - **Hold for 3 seconds**
- Look right (Moving your eyes only) - **Hold for 3 seconds**
- Look to your top left corner (Moving your eyes only) - **Hold for 3 seconds**
- Look to your bottom right corner (Moving your eyes only) - **Hold for 3 seconds**
- Look to your top right corner (Moving your eyes only) - **Hold for 3 seconds**
- Look to your bottom left corner (Moving your eyes only) - **Hold for 3 seconds**
- Close your eyes gently - **Hold for 3 seconds**
- Squeeze eyes tightly - **Hold for 3 seconds**
- Blink eyes normally 3 times

Repeat two more times

Focus Exercises:

Close Focus exercise

- Hold one of your thumbs up in front of your eyes (So your eyes easily focus on it)
- Hold your other thumb at arms length behind your other thumb
- Focus on the close thumb, then without moving your thumbs focus on the farther thumb.
- Repeat this 60 times back and forth

Far Focus exercise

- Hold your thumb at arms length
- Now focus on something in the distance behind your thumb. (light pole, etc.)
- Focus on the close thumb, then without moving, focus on the distant object.
- Repeat this 60 times back and forth

PERIPHERAL EXERCISE:

- First start in any room (nothing should be moving)
- Look straight ahead and move your eyes up, down, right and left. Find something to look at and focus on in each direction.
- Now instead of moving your eyes, move your attention to each object you looked at.
- Notice how much faster you can move your attention than moving your eyes to each object.
- Now go someplace that things are moving but you are not.
- Try to look straight ahead and try to notice movements, colors objects etc.
- Try it for 30 seconds then try it for 45 seconds

EYE RELAXATION EXERCISES:

- Close your eyes and then take the palms of your hands and cover your eyes so that no light is coming in.
- Hold this for 30 to 60 seconds
- Allow yourself to focus on your breathing. (in through your nose out through your mouth)
- Listen to all the sounds around you.
- This is a form of meditation. Where you go from Beta to Alpha and then to Theta.
- Realize how important your ears really are.
- Keep your eyes *closed* and remove your hands from your eyes.
- Notice how much light comes in.
- Open eyes slowly.
- Blink normally for 10 times