MIRROR EYE PART 2 MOVEMENT

E PURPOSE

This exercise is intended to enhance the communication between the internal GPS system for the roadmap of life known as the vestibular system, and your visual system. This simple exercise will allow for the communication in your brain to start taking place to support sensitivity to motion. There is often a disconnect between these systems for those who experience carsickness, or for those who experience dizziness and/or nausea when looking at screens.



Complete this for 2 minutes for each eye.

- Stand in front of a mirror, balanced, with equal weight on each foot. Cover your left eye with your left hand.
- Without looking away from the reflection of your own eye in the mirror, slowly move your head now in the up and down direction.
- Keep the movements of your head small at first while looking at your eye in the mirror. The movements should become bigger and the speed faster. Complete this for 2 minutes for your right eye.
- Next gently cover your right eye with your right hand. Repeat this for your other eye for 2 minutes.
- For an extra challenge, you can add in diagonal head movements as if you are tracing an X with your head. But remember, always stare at your reflection of the eye in the mirror without looking away.

