

PALMING



PURPOSE

This technique will help calm the nervous system and relax your eyes. You can keep this technique in your back pocket for whenever you might need it as a helpful way to provide immediate relief of eyestrain, fatigue, and headaches related to excessive visual concentration.



REPEAT

Do this exercise for at least 5 minutes to feel the full effects on your visual system, eye muscles and nervous system.

1

Sit in a chair in a balanced and comfortable posture. Place both elbows on a table in a comfortable position.

2

Rub your hands together with firm pressure for at least 10 seconds and feel the heat that your hands have generated. Next keep both eyes open and cup your hands over your eye so no light can be seen.

3

You may have to squeeze your fingers together in an effort to ensure there is no light leaking in. Hold this comfortable position while breathing deeply in through your nose for a count of 5 and out through your mouth for a count of 5.

4

Make sure to look into complete darkness while keeping your eyes open throughout. Your eyes and whole body will feel rested in a short amount of time. Make sure to do this for at least 5 minutes.