Re-energize Your Eyes! Take a Vision Break!

**Exercise #1**
- **Step #1**: Blink your eyes slowly... focus on feeling your eyelids touching the lower lids. (Repeat 10 times)
- **Step #2**: Blink your eyes lightly and quickly 10 times. End the set with a relaxing massage of the temples.

**Exercise #2**
- **Step #1**: Focus your eyes on the farthest object in the distance for 5-10 seconds. Blink your eyes and breathe
- **Step #2**: Return your vision back to the screen and refocus. Repeat from Step #1 3 times.

**Exercise #3**
- **Step #1**: Move your eyes gradually and smoothly up, down, side to side and diagonally. Repeat 2 times.
- **Step #2**: Move your eyes, in a smooth circle, clockwise and then counter-clockwise. Repeat 2 times.

**Exercise #4**
- **Step #1**: Close your eyes and cover them with your palms. Let yourself experience total darkness for 20-30 seconds. Take a few long, slow deep breaths.
- **Note**: While performing this exercise: Relax your face, brow and jaw. Do not squeeze eyelids shut.