

# ERGO-CISE For Your Eyes!

## 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)

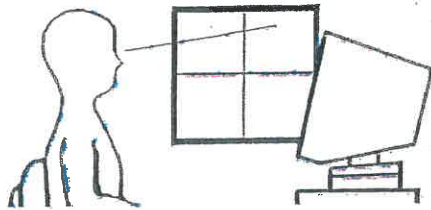


Step #2 Blink your eyes lightly and quickly 10 times. End the set with a relaxing massage of the temples.

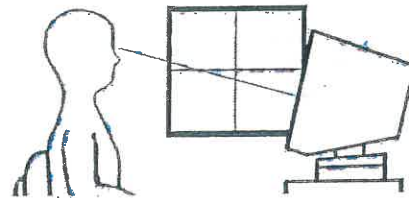


### Exercise #2

Step #1 Focus your eyes on the farthest object in the distance for 5-10 seconds. Blink your eyes and breathe

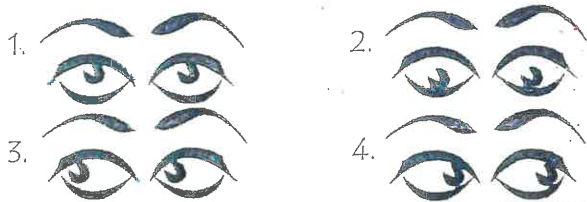


Step #2 Return your vision back to the screen and refocus. Repeat from Step #1 3 times.



### 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.