



Vision Habits:

Old Habits

- **Unconscious Stress**, force & anxiety. Any effort made to see better will create more blur in the long run. **Overworking**, “testing” or pushing oneself and/or your eyes.
- **Glasses that are too strong:** people tend to be over-prescribed. This leads to quicker deterioration of vision.
- **Staring** - Restricting movement by trying to see - Looking at one detail to try see it better while keeping your eyes still; no moving. Otherwise known as “Concentration” or “Focus” (*Troxlers Fading Blue Circle Illusion*)
- **Habits of Strain:** Squinting, Holding Breath, Reduced Blinking, Poor Posture: Slouching Shoulders - Heart caved in. Always looking DOWN.
- **Mental Strain:** Procrastination/ time constraint/rushing.
- **Strong Emotions:** grief or sorrow, depression, negative thoughts, dislikes, avoidances, worry, fear or pain.
- **Working/Reading Under Poor Light** & not enough good natural sunlight.
- **Exercising & Resting the Rest of the Body & Neglecting the Eyes**

New Habits:

- **Recognition/Awareness of stress/strain.** Our cultures’ training and expectations need not be your own. Allow & trust your eyes abilities by being kind and appreciative toward them. Let tired eyes close (Palming) Plan self-care, rest and FUN! Do things you enjoy.
- **Use a Reduced Prescription AND/or read without glasses** (If you need to hold a book a little closer to make it out that’s Ok.
- **Unrestricted Movement.**
 - When reading or using a computer, have an erect posture & move and glide your eyes *and head* across the page/screen. Use an Exercise Ball to sit on.
- **Breath, Blink & Relax**, Take full, deep belly/ nostril breaths, easy frequent blinking. Head supported & balanced over neck.
- **Planning, Effortlessness & Taking Breaks.** Beliefs and habits around time need to be looked at.
- **Support and Expression;** Seek positive ways to support life transitions. Planned self-care is crucial with counselling, massage or social support. Be willing to explore your human nature.
- **Good, Nourishing Light.** Time outdoors & therapeutic reading/computer lighting.
- **Make it a Habit to Exercise your Eyes.** They need relaxed distance seeing. Outside is best during a *vision walk* or at the same time as you use a treadmill or bike (at a low pace) if you are able to look out a window. Head, held up, vision engaged. Avoid mental tasks or thinking and observe your visual world instead. **While in the car driving stopped at a light (with a reduced prescription), look at the dashboard, then out into traffic as far as you can, back and forth. letting your eye muscles adjust near and far, near and far.*



My Top 3 Habits to be Aware of:

Habits:

Goals: (How will I become more aware of them on a daily basis)

1.

2.

3.