

Stretch & Yawn

Look Near & Far  
3 times quickly

Do 3 rapid Blinks

Make circles with your  
eyes 3 times right &  
then left

Do 3 rapid Blinks

Palm for 3 deep  
Cleansing Breaths

See words as an  
interruption in the  
white background

Read Fine Print

I enjoy looking at my world with my relaxed, clear vision.  
I enjoy looking at my world with my relaxed, clear vision.  
I enjoy looking at my world with my relaxed, clear vision.  
I enjoy looking at my world with my relaxed, clear vision.

Thank your Eyes

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