

The Best Techniques to Relax your Eyes and Facial Muscles

Surfing the web, studying charts and scanning emails can cause eyestrain...which can cause headache pain. The digital screen does not have an end point for our focus, a resting point for the eye. So muscles become fatigued and strained as they continually readjust to the screen. These simple eye relaxation techniques will allow you to enjoy your time on the computer, be more productive, and prevent eye strain. I recommend looking away from the monitor frequently, and taking a few minutes of rest every half hour.

- Temple Rolls = To relax the muscles that become tense as our eyes continually refocus, trace a line from the outside tip of the eye toward the ear, and at the edge of the bony orbit of the eye you will find a shallow dip. Roll your finger pad in gentle circles to massage this area. It might be a bit tender at first, like any tense muscle.
- Nose-bridge Pinch = Have you been frowning at the monitor without realizing it? Well, this will relax the facial muscles that furrow our brow. Gently pinch the skin where the nose meets the forehead and hold a few seconds. Again, if it is tender...keep doing it!
- Eyelid Tap = Lightly tap or stroke your closed eyelids, back and forth, top and bottom.

It is easy to forget that our we have muscles, and maybe sore muscles, in our eyelids, temples and forehead. Remember, these relaxation techniques really work! Want more ideas?

*Janet Goodrich Method @ www.janetgoodrichmethod.com, Natural Vision Improvement

*Meir Schneider, PhD, LMT @ www.self-healing.org
Natural Vision Improvement Kit, Book + 2CDs \$27
Yoga for Your Eyes, DVD \$30