

EYE RELAXATION

Requirements such as saccades and changes of focus are a daily part of our work. Eye and head movements are closely linked. Overstraining can therefore lead not only to headaches, but also neck pain. As the above-mentioned demands are active and performed by different muscles, they should be relaxed and trained regularly.

Integrate at least one exercise as a daily routine for better performance and more relaxed work. Especially during long screen work, these exercises have the best effect if you repeat them several times a day.



TURN THE CLOCK.

Improved eye mobility and vision through activation of the eye muscles

- ✓ Imagine an clock in your mind's eye
- ✓ Start looking at 12, 3, 6 and 9 O'clock one after the other
- ✓ Then change direction and look at 12, 9, 6 and 3
- ✓ Of course you can also let your gaze wander over four other numbers on the watch



PALMING

Relief of the eyes by interruption of the optical visual stimulus

- ✓ Sit up straight and rub your palms together
- ✓ Rub your hands faster and harder together until you feel a tingling sensation
- ✓ Place your warmed palms directly on your closed eyes
- ✓ Enjoy the warmth and darkness, consciously relax your eye and neck muscles



SELF MASSAGE

Relaxation of the mimic facial musculature around the eye area

- ✓ Gently stroke or pat the muscles around the eye area
- ✓ The points at the root of the nose and along the eyebrows are particularly pleasant
- ✓ Another possibility is to draw soft circles on the closed eyelids with the palms of your hands