# Relaxation techniques for computer fatigued eyes

### Palming

First, rub your palms together to create a bit of warmth. Next, form your hands into cup shapes. Now take your hands and press them over your closed eyes. Put your left hand on your left eye and your right hand on your right eye. Let the heat warm your eyes. Relax for a few minutes.

### Eye rolling

Just as neck rolling can do wonders for stiff neck, eye rolling can do wonders for your eye muscles, especially when you've been sitting in front of a computer screen for hours. Close your eyes and roll them around in circular motions. It almost feels like your eyes are getting a massage, so enjoy. This helps lubricate your eyes and eases muscle strain.

### Visual scanning

Sit back and observe the room. Find an object and begin to scan its outline. Then move to another object. For example, start with the computer and move to the plant next to it and then the window behind it. Basically, you want your eyes to be in constant, deliberate motion as you visually take stock of everything around you. You may already think you're doing this, but most people focus entirely on what is on the screen.

### Focusing

Take a visual break from your computer. Take your eyes off the computer screen and look at something else for up to a minute. Aim to do this at least once every hour.

### Glancing

As you're seated, close your eyes and roll them up as far as comfortably possible. Hold for a moment, then look down. Repeat a few times and then take an eye breather (open your eyes and look around). Close your eyes again and look to the right and the left. Repeat this a few times.

### 20/20/20 Rule

Look up from your book or computer and focus on an object that is at least 20 feet away from you for 20 seconds every 20 minutes.

Source: insightvisioncenter.com*

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