

The Screen-Tired Eyes Relief Sheet

*Simple eye exercises to relieve screen fatigue, calm a busy mind, and keep your eyes feeling fresh.
Your eyes were built for horizons, not pixels.*

Why such small movements work

Eye exercises can be surprisingly powerful, especially when used intentionally to support relaxation, regulation, sleep and sensory balance. Here is why:

- **They regulate your nervous system.** Eye movement is closely tied to the vagus nerve and the limbic system. Gentle, slow eye movement can help shift the body from "fight or flight" into "rest and digest". Palming, figure 8s and slow tracking literally calm the brain.
- **They undo screen strain.** Screens, reading and bright environments overload the eyes. These exercises rehydrate the eyes through blinking, relax the tense muscles around them, and reduce tension headaches.
- **They prepare you for sleep.** Darkness, closed-eye relaxation and soft movement around the eyes signal the brain to wind down. Palming, eye closure with a body scan, and slow blinking with deep breathing support melatonin release and readiness for sleep.
- **They ground you when everything is too much.** When your senses feel overloaded, slow eye movement helps bring the body back into alignment, soften the overwhelm, and ground you in the present moment. Combined with breath, it can override chaotic sensory input and become a calming anchor in stressful moments.
- **They train focus and attention.** Shifting focus from near to far, or following slow movement with the eyes, trains visual attention. Useful for transitions between tasks, settling in before deep work, and easing restlessness.

When to use what

When	Reach for
Before sleep	Palming, soft blinking, body scan
When overwhelmed	Figure 8, blink and breathe, palming
After screen time	Distance gazing, eye rolling, near-far shifts
At work	Slow, soft eye tracking with calm breathing
Between tasks	A slow gaze shift with a long, humming exhale
Sensory overload	Eyes closed, palming

The exercises

1 • Figure 8 Tracing

Calms a busy mind and improves eye coordination.

- Imagine a giant sideways figure 8 floating in front of you.
- Trace it slowly with your eyes (not your head) for about 30 seconds in one direction.
- Then reverse for another 30 seconds.

A great "mental diffuser" after screen time or stress.

2 • Eye Rolling, like a slow eye massage

Releases tension and promotes relaxation.

- Sit or lie comfortably.
- Slowly roll your eyes clockwise in a wide circle. Do this 5 times.
- Then slowly roll them counterclockwise 5 times.
- Move gently: no rushing or straining.

3 • Eye Closure & Body Scan

Deep body-mind relaxation for sleep.

- Close your eyes and take a deep breath in.
- As you exhale, let your eyes soften and sink.
- Gently scan from your eyes down your face, shoulders, arms, chest, and so on.
- Imagine your whole body melting into the bed or chair.
- Repeat for 2 to 3 minutes, or until you are drifting off.

4 • Palming, pure eye warmth

Relaxes the eye muscles and calms the mind.

- Rub your hands together until warm.
- Close your eyes.
- Gently cup your warm palms over your eyes without pressing.
- Take slow, deep breaths and stay like this for 1 to 2 minutes.
- Visualise calming scenes: waves, clouds, or simple darkness.

Try this lying in bed as part of your sleep preparation.

5 • Blink and Breathe

Moistens and relaxes the eyes; good for screen fatigue or bedtime.

- Blink softly and naturally 10 to 15 times while breathing slowly.
- On each blink, imagine your eyes letting go of tension.
- Let your breath be steady and calm: try pairing it with 4-7-8 or box breathing.

6 • Distance Gazing, the near-far shift

Reduces visual fatigue and trains focused relaxation.

- Sit or lie down and look at a close object (for example your hand) for 5 seconds.
- Then shift your gaze to a far object (out of the window, across the room) for 5 seconds.
- Repeat this shift 5 to 6 times.
- End by closing your eyes for 30 seconds, breathing gently.

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