

## Natural Vision Training Adventure for your Eyes

Thank you so much for contacting me about vision improvement. While you are waiting for your session, there are many things you can do to begin at home:

1. Keep a vision journal. If you already journal, then use the same method, just add what you notice about how you see, how you feel about that, and what your vision would be like in an ideal world. If you don't yet use a journal, then find a notebook that you like and begin gently to make a record of how you feel about your glasses, contacts, or eye surgery, how you see, and how you would like to see.
2. Experiment with naked eyes. For at least a few minutes everyday, move about without any glasses or contacts and really notice how that feels, and what you can and can't see. If possible, do this outside in a safe place. Don't judge yourself or your eyes. Just notice and record in your journal what this is like. You may find that it is easier and more comfortable than you thought, and that you can leave any vision aids off for reading, or walking, or gardening, or cooking, or relaxing over dinner... use your imagination and test yourself and your comfort zone. Of course, you might find it hard. When I started I could only cope with having my glasses off for about 5 mins, so whichever way it is for you, notice and gently challenge yourself to go further.
3. Take breaks from the screen. Most of us use electronic devices for hours each day, and this is stressful for our eyes. Every 20 mins, look up and into the distance and relax your eyes for at least ten breaths, blinking fully and loosening your neck and shoulders.
4. Wake up your peripheral vision. Again partly because of screen time and reading, we can become very focused on only our central vision. This leads us to neglect the edges of our vision and our eye muscles become fixed and our gaze static. Any kind of ball game is great of course, but this little practice can be done discretely anywhere and all day long. Pick a colour, eg orange, and challenge yourself to notice every orange object in the environment, whether that is at home, at work, or - best of all - while traveling between places so that objects are streaming past. Your eyes will search out orange automatically. Allow your head and shoulders to move to follow your gaze. Look at an object as long as it interests you, and then let your unconscious find the next one for you. You can pick a colour for the whole day, or change if you get bored. This is a great game to do with children as well. You can do it with glasses/contacts on or off depending on your level of vision.
5. Wake up your focusing ability. Play the 5 Step Game as you move about your day. Find an object in the far distance and then jump in 4 or 5 steps from object to object until you are looking at something very close, perhaps your thumb if you have nothing else. Objects with lettering or text are ideal for this as you will know if you are correctly focused or not. Then jump your vision right out to the distance again and repeat. You can experiment with this in both directions, with glasses/contacts on or off, inside and outside.