

A stylized graphic of two eyes. Each eye is composed of a light blue iris, a dark teal pupil, and a yellow outline. The eyes are positioned horizontally, one above the other, and are partially obscured by the text.

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Are you resting your eyes yet?

Nurture your eyes and offer yourself rest

- Lying 8: With an outstretched arm, draw a lying 8 in the air at eye level. Follow the movement of your fingertip with your eyes. Always start in the middle of the figure 8 first and then move upwards. Keep your head still, only your eyes move. Get into a flowing movement looking at the lying 8. After a while, change direction.
- Variation: Perform the lying 8 with eyes closed.

- Close your eyes as slowly as possible: Breathe in slowly and open your eyes, roll them upwards at the same time. Exhale slowly and close your eyes, rolling your eyes downwards simultaneously. Your head remains completely still.

Tips:

1. While lying down: Put an eye pillow on your eyes, this helps your eyes relax even more.
2. For long days in front of a screen: Look into a shady area and consciously blink several times in quick succession.