



RELAX TO CLARITY

The Expanded Vision Reset Guide

13 gentle relaxation, movement and visual-awareness practices for screen-weary eyes and visually demanding days.

Relax. Move. Blink. Breathe. Notice.

A companion to your free 8-Video Relax to Clarity Resource Library

Relax Your Eyes. Rethink Your Vision.



START HERE

This guide is designed to be useful on its own and even more useful alongside the free video demonstrations. You do not need to do every practice at once. Choose one or two, keep the experience comfortable, and notice how you feel before and afterward.

The goal is **not** to strain, force clearer vision, or chase a particular result. These practices are presented as opportunities for relaxation, movement, visual variety, awareness, coordination and personal tracking.

Important Safety Guidance

This material is educational and is not a substitute for professional eye care, diagnosis or treatment. Do not delay an eye examination because of anything in this guide. Stop any practice that causes pain, significant dizziness, persistent double vision or unusual visual symptoms. Never stare directly at the sun. New or changing vision problems, eye pain, flashes, floaters, sudden vision loss or other concerning symptoms should be evaluated by an appropriate eye-care professional.

A Simple Way to Use the Library

Start with relaxation. Add gentle movement. Change your viewing distance. Blink. Rest. Then choose the practices that feel most useful for your day. Consistency and awareness matter more than doing a long routine.



RELAX THE BODY | PRACTICE 01

Deep Breathing

Why it is included

Encourages whole-body relaxation and gives you a brief break from visual demands. It can also help you notice tension you may be carrying around your eyes, forehead, jaw, neck and shoulders.

HOW TO PRACTICE

- Sit comfortably and allow your shoulders and jaw to soften.
- Breathe slowly and naturally. One option is to inhale gently through your nose for about 4 counts and exhale for about 6 counts.
- As you exhale, notice whether you can soften the muscles around your eyes and face.
- Continue for about 1-2 minutes, or simply take several comfortable breaths.

Keep in mind: Use this before another exercise or anytime you catch yourself tightening your face, holding your breath or staring at a screen.

WATCH VIDEO 1: DEEP BREATHING & RELAXATION

This practice is demonstrated in Video 1, “Deep Breathing & Relaxation,” in your free resource library.



RELAX THE BODY | PRACTICE 02

Neck Release Stretch

Why it is included

Close-up work often comes with a forward-head posture and tension through the neck. This is a simple way to interrupt that pattern and relax the areas surrounding the visual system.

HOW TO PRACTICE

- Sit or stand tall without forcing your posture.
- Gently tilt your head to one side, bringing the ear toward the shoulder.
- Hold about 15-30 seconds while breathing comfortably, then change sides.
- If you use your hand, add only a very light stretch. Do not pull or force the neck.

Keep in mind: Keep the movement easy. The goal is to release tension, not create the biggest possible stretch.

Comfort & safety: Stop if the stretch causes pain, numbness, tingling, dizziness or other concerning symptoms.

WATCH VIDEO 2: STRETCHING FOR COMFORTABLE VISION

This practice is demonstrated in Video 2, “Stretching for Comfortable Vision,” in your free resource library.



RELAX THE BODY | PRACTICE 03

Shoulder Rolls

Why it is included

Helps loosen the shoulders and counter the rounded or elevated shoulder position that can develop during prolonged screen use, reading and desk work.

HOW TO PRACTICE

- Sit or stand comfortably.
- Slowly roll your shoulders up, back and down in large, easy circles.
- Repeat about 10 times, then reverse direction.
- Let your breathing stay relaxed as you move.

Keep in mind: Notice whether relaxing your shoulders also changes the tension you feel in your neck, jaw or around your eyes.

WATCH VIDEO 2: STRETCHING FOR COMFORTABLE VISION

This practice is demonstrated in Video 2, “Stretching for Comfortable Vision,” in your free resource library.



RELAX THE BODY | PRACTICE 04

Seated Spinal Twist

Why it is included

Encourages gentle movement after prolonged sitting and gives your body a change from the fixed posture that often accompanies close-up visual work.

HOW TO PRACTICE

- Sit on a stable chair with both feet supported.
- Turn gently to one side while keeping your spine comfortably tall.
- Breathe normally and hold for roughly 20-30 seconds if comfortable.
- Return to center and repeat to the other side.

Keep in mind: This is a movement break, not a flexibility test. Stay well within a comfortable range.

Comfort & safety: Do not force the twist. Stop with pain, dizziness or neurologic symptoms.

WATCH VIDEO 2: STRETCHING FOR COMFORTABLE VISION

This practice is demonstrated in Video 2, “Stretching for Comfortable Vision,” in your free resource library.



BREAK THE STARE | PRACTICE 05

The Long Swing

Why it is included

A traditional Bates Method practice using easy whole-body movement. Here it is used to encourage relaxation, peripheral awareness and a break from rigid staring or fixation.

HOW TO PRACTICE

- Stand in a clear area with your feet comfortably apart.
- Rotate gently from side to side and allow your arms, head and eyes to move naturally with your body.
- Keep your gaze soft rather than trying to lock onto one object.
- Practice for about 1-2 minutes and notice the sensation of the environment moving through your visual field.

Keep in mind: Think easy movement, no forcing. You are not trying to make something become clear while you swing.

Comfort & safety: The Long Swing is presented as a relaxation and awareness practice, not as a guaranteed treatment for refractive error.

WATCH VIDEO 3: THE LONG SWING

This practice is demonstrated in Video 3, “The Long Swing,” in your free resource library.



BREAK THE STARE | PRACTICE 06

Yawning

Why it is included

Yawning naturally moves and relaxes the face and jaw. It also encourages blinking and tear production, which may feel refreshing after prolonged screen time or reading.

HOW TO PRACTICE

- Relax your jaw and facial muscles.
- Allow a natural yawn or gently imitate one without straining.
- Blink naturally afterward.
- Take an easy breath and notice how your face and eyes feel.

Keep in mind: Think of it as a tiny reset: yawn, blink, breathe, relax.

WATCH VIDEO 4: YAWNING & BLINKING

This practice is demonstrated in Video 4, “Yawning & Blinking,” in your free resource library.



BREAK THE STARE | PRACTICE 07

Blinking

Why it is included

Blinking spreads the tear film across the eye surface. During concentrated screen use and close-up tasks, people may blink less frequently or incompletely.

HOW TO PRACTICE

- Notice when you have been staring for a while.
- Allow a few gentle, complete blinks without squeezing your eyelids.
- Pair the blink with a breath or a brief look away from the screen.
- Return to your task without trying to maintain an artificial blinking rhythm.

Keep in mind: A visual break can be tiny. Sometimes simply remembering to blink and look away is enough to interrupt prolonged fixation.

WATCH VIDEO 4: YAWNING & BLINKING

This practice is demonstrated in Video 4, “Yawning & Blinking,” in your free resource library.



REST + DARKNESS | PRACTICE 08

Palming

Why it is included

A Bates-associated relaxation practice that gives you a brief break from visual stimulation by resting with the eyes closed in comfortable darkness.

HOW TO PRACTICE

- Sit comfortably, ideally with your elbows supported.
- Close your eyes.
- Cup your palms over your closed eyes so your hands block the light.
- Keep all pressure off the eyeballs and surrounding tissues.
- Relax your face and breathe comfortably for about 1-3 minutes, or longer only if it remains comfortable.
- Slowly uncover your eyes and give them a moment to readjust to the light.

Keep in mind: The objective is simple: rest in darkness without trying to make anything happen.

Comfort & safety: Do not press on your eyes. Keep the eyes closed throughout the practice.

WATCH VIDEO 5: PALMING

This practice is demonstrated in Video 5, “Palming,” in your free resource library.



REST + NATURAL LIGHT | PRACTICE 09

Sunning + Natural Light

Why it is included

A Bates-associated practice used here as an opportunity to step away from indoor close-up work, experience natural light and relax.

HOW TO PRACTICE

- Choose a comfortable outdoor location.
- Face generally toward the natural light with your eyes completely closed.
- Relax your face, shoulders and breathing.
- With your eyes still closed, slowly turn your head from side to side rather than remaining fixed in one position.
- Begin with a short period and stop if the experience becomes uncomfortable.

Keep in mind: The goal is relaxation and a change of environment - not staring toward the sun or trying to force a visual response.

Comfort & safety: Never look directly at the sun. Sunning in this guide is always performed with the eyes completely closed. Looking directly at the sun can permanently damage the retina.

WATCH VIDEO 6: SUNNING & NATURAL LIGHT

This practice is demonstrated in Video 6, “Sunning & Natural Light,” in your free resource library.



CHANGE VIEWING DISTANCE | PRACTICE 10

Near-Far Shifting

Why it is included

Gives you a deliberate change from long periods spent viewing phones, books and screens at similar close distances.

HOW TO PRACTICE

- Choose one nearby target, such as a finger or pen, and another object farther away.
- Look comfortably toward the near target for a few seconds.
- Shift your attention to the farther target.
- Alternate several times without squinting, straining or trying to force either target into focus.
- Blink and breathe normally as you change distance.

Keep in mind: Think shift, blink, breathe, relax. This is about visual variety and ease.

WATCH VIDEO 7: ALTERNATE EYE MOVEMENTS

This practice is demonstrated in Video 7, “Alternate Eye Movements,” in your free resource library.



MOVE YOUR EYES | PRACTICE 11

Up, Down + Side-to-Side

Why it is included

A simple way to explore comfortable eye movement in different directions after spending long periods looking in a limited visual area.

HOW TO PRACTICE

- Keep your head comfortably still.
- Move your eyes slowly upward, then downward.
- Return to center and move your gaze gently from left to right.
- Blink naturally between movements.
- Use a comfortable range rather than pushing your eyes toward an extreme position.

Keep in mind: Slow and easy is enough. These movements are about awareness and variety, not stretching as far as possible.

Comfort & safety: Stop if you experience pain, significant dizziness or unusual visual symptoms.

WATCH VIDEO 7: ALTERNATE EYE MOVEMENTS

This practice is demonstrated in Video 7, “Alternate Eye Movements,” in your free resource library.



MOVE YOUR EYES | PRACTICE 12

Figure Eight

Why it is included

Adds smooth, changing directional movement to your visual practice.

HOW TO PRACTICE

- Imagine a large horizontal figure eight - an infinity symbol - in front of you.
- Trace the shape slowly with your eyes.
- Reverse direction after several comfortable repetitions.
- Blink normally and keep your face and jaw relaxed.
- Reduce the size of the imagined shape if a large movement feels uncomfortable.

Keep in mind: Keep the movement smooth. There is no benefit to pushing to the limits of your eye movement.

Comfort & safety: Stop if the movement causes pain, significant dizziness or unusual visual symptoms.

WATCH VIDEO 7: ALTERNATE EYE MOVEMENTS

This practice is demonstrated in Video 7, “Alternate Eye Movements,” in your free resource library.



RELAXED VISUAL ATTENTION | PRACTICE 13

Central Fixation

Why it is included

A Bates Method concept centered on allowing attention to rest on a small detail while remaining aware of the larger visual field around it.

HOW TO PRACTICE

- Choose a letter, word, small object or detail in your surroundings.
- Look comfortably at one small part rather than trying to take in every detail equally.
- Shift your attention gently from one detail to another.
- Allow the rest of the visual field to remain present in your awareness without trying to concentrate on all of it.
- Stay relaxed and avoid staring or forcing the image to become clearer.

Keep in mind: Central fixation is not about forcing focus. Think relaxed attention + natural movement.

WATCH VIDEO 8: CENTRAL FIXATION

This practice is demonstrated in Video 8, “Central Fixation,” in your free resource library.



PUT IT INTO PRACTICE

A Simple Vision Reset

You do not need to perform all 13 practices in one session. On a visually demanding day, choose a few that fit the moment.

1. Deep breathing - about 1 minute
2. Shoulder rolls - about 10 each direction
3. Long Swing - about 1-2 minutes
4. Blinking + Near-Far Shifting - brief, comfortable practice
5. Palming - about 1-3 minutes

The point is not to chase a result. Notice tension. Change distance. Move. Blink. Breathe. Rest.

YOUR FREE VIDEO LIBRARY

Use the 8 core videos for demonstrations and keep this guide as your quick-reference companion. Several videos cover more than one practice, so the 13 practices in this guide are organized into a simple 8-video library. You'll also find 3 bonus videos waiting for you on the resource page.

YOUR 8-VIDEO RESOURCE LIBRARY

- Video 1 - Deep Breathing & Relaxation
- Video 2 - Stretching for Comfortable Vision (Neck Release, Shoulder Rolls & Seated Spinal Twist)
- Video 3 - The Long Swing
- Video 4 - Yawning & Blinking
- Video 5 - Palming
- Video 6 - Sunning & Natural Light
- Video 7 - Alternate Eye Movements (Near-Far, Up/Down/Side-to-Side & Figure Eight)
- Video 8 - Central Fixation

PLUS 3 BONUS VIDEOS

After you finish the core library, you'll also find three additional bonus videos on the resource page. They're there to give you even more ways to explore the Relax to Clarity approach.

Want to Go Deeper?

Relax to Clarity expands beyond this free practice library with deeper lessons, additional exercises, structured learning, tracking resources, the Vision Journal and ongoing guidance.

Next step: Explore the complete Relax to Clarity program from the link on your resource page.

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Educational disclaimer: This material is for general educational purposes only and does not provide medical advice, diagnosis or treatment. It is not a substitute for professional eye care. Seek appropriate professional evaluation for concerning, new or changing visual symptoms.