

## Student Counselling Office (Zentrale Studienberatung)

### Eye exercise: palming

Do your eyes feel tired? Or does everything look slightly blurry after you've spent a long time writing or doing research at your computer? If yes, then it's important to take breaks!

Occupational health studies demonstrate that regular, unvaried work at a computer screen can lead to vision-related complaints and impairments after only two hours without a break. These issues include eye fatigue, blurry vision, colour vision disorders, and accommodation and adaptative disorders.

The rule of thumb is that it's good to take a break of 5 to 10 minutes after an hour in front of the computer screen. This type of regular, short break is more effective for recovery than fewer, longer breaks.

You can try the following exercise, which can be used anytime to relax your eyes and quickly rejuvenate your retina.

### Palming

*Rub your hands together until they get warm, then cup your hands and let your head sink forward into them. As you do this, close your eyes and cover them with your cupped hands, without touching your eyelids. Keep breathing calmly and let all the muscles in your face, shoulders and hands loosen and relax.*

*Enjoy the darkness. And if you want to increase this effect, imagine the colour black or an object that is black. Try to relax even more each time you breathe out.*

*To end the exercise, slowly lower your hands and gently open your eyes.*