

## Palming

**What you do.** Close your eyes and cover them with your hands so that no light gets in.

**Benefits.** Palming can reduce visual stress and eyestrain.

### How to do it:

**Step 1.** Take off your glasses.

**Step 2.** Close your eyes and cover them with cupped hands so that no light gets in. Rest the heels of your palms on your cheekbones and cross your hands on your forehead, as shown in the illustration. Don't press on your eyes.

**Step 3.** Make sure your eyelids, eyebrows, and the rest of the eye region are relaxed.

**Step 4.** Breathe slowly and deeply and imagine your eyes becoming stronger and healthier.

