

Eye movement exercises

Sometimes when you have severe anxiety, your body can react by freezing. If that happens, it's useful to try to notice how your body moves with the breath, and eye movements.

These small movements may help you remind yourself that your body does move even if it feels like it does not. And realizing this can help you get back to moving freely or “un-freezing”.

There are different eye movement exercises. Try to move only your eyes and keep your head still.

Version 1: Draw an X with your eyes.

Version 2: Draw a figure eight sideways with your eyes.

YouTube video of the two exercises

<https://youtu.be/DAwdM6J5UE0>



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