



HANDS OVER EYE SOCKETS

Purpose: This short, calming practice is designed to help your eyes and nervous system rest. Gently covering the eyes can ease strain, soften mental fatigue, and support a sense of turning inward. This exercise may be helpful when you feel tired, overstimulated, or in need of a quiet pause.

- 01 Sit comfortably in a chair.
- 02 Rest your elbows on your knees or thighs.
- 03 Gently cup the palms of your hands over your eye sockets. There should be no pressure on the eyes, just a soft resting of the hands.
- 04 Notice the gentle contact of your palms along the outer edges of your eye sockets.
- 05 Allow yourself to notice the darkness behind your hands.
- 06 Take three slow, deep breaths, letting each exhale be easy and unforced.
- 07 Stay with this experience for a few quiet moments.

COMPLETE THE SENTENCE

I notice my eyes being: _____



TAKE A MOMENT TO NOTICE

You may wish to reflect silently or write a few words below.

1. What do you notice in your body while your hands are over your eyes?

2. What, if anything, shifts after a few breaths?

3. When you gently remove your hands, how do you feel?

More centred The same Unsure Other: _____

4. What sensations are you aware of now?

5. Does your vision or perception feel any different?

This is a gentle practice, there is no right or wrong way to experience it. Simply noticing is enough. You can return to this exercise anytime you need a moment of rest or grounding.