



# 3 STEPS TO MINDFUL BLINKING

## Why is Mindful Blinking important?

Partial blinking is very common in people with Dry Eye Disease. By practicing Mindful Blinking, the exercises actually help relieve some of the dryness in your eyes.

- 1. Place your fingers at the corners of your eyes and blink.**  
Feel the slight tension when you close? That's a reflex muscle that runs along the side of your head. Your blinking muscles are actually just above your eyelids.
- 2. With your fingers still at the corners of your eyes, start the Mindful Blinking Sequence.**
- 3. Make sure you do the "hold" step** to make complete contact between the upper and lower lids. When done correctly, you won't feel movement under your fingers.

**Post a Copy of Mindful Blinking.** Blinking is very task-dependent. If you spend a lot of time on your computer, you're probably blinking less frequently. Post a copy of Mindful Blinking near your monitor as a reminder. Driving and reading are other activities that also decrease your blink rate.

**Practice Mindful Blinking 5x an Hour.** Seems like a lot, doesn't it? It's easier to do if you incorporate it into your daily routine. Get into the practice when sending emails, drinking sips of water, or while on phone calls. Condition yourself to make full lid contact and give a little squeeze every time you perform Mindful Blinking. It will be easier to do than the sequences alone. Hydrate your eyes as you hydrate your body!

## MINDFUL BLINKING SEQUENCE:

CLOSE



HOLD

2 SECONDS



OPEN



OPEN

RELAX



CLOSE



HOLD

2 SECONDS



SQUEEZE



OPEN

RELAX



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