

# The Situational CI

EMOTIONS AND VISION

Sarah E. Lane, O.D.  
FOCUS Center for Vision and Learning, LLC  
Spring Lake Heights, NJ

## What happens when YOU'RE stressed?

- I can't think!
- I can't see straight!
- I can't focus!
- I can't relax!
- I can't remember things!
- I lose things!
- I forget where I'm going!
- I forget to eat!
- I feel sick to my stomach!
- I feel my eyes darting around!
- I feel nauseous!
- I get headaches!



## STRESS

**Stress** is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. — Psychology Today



“Clear, single, consistent vision is not physiologically possible when a person is in a state of stress.” – Sarah Lane



### **Will Vision Therapy Last?**

**Will my child have to keep coming forever?**

**Will all the symptoms come back after we stop coming?**

### **Successful Therapy Includes Strategies**

Learning how to recognize stress is a key.

Becoming aware of what happens when you're stressed is another key.

Maintaining access to optimal visual skills in the presence of stress involves strategy.

### **What happens?**

- Holding breath
- Clenched fists
- Tight, high shoulders
- Sweat hands
- Double vision
- Blurry vision
- Clenched teeth
- Fidgety
- Dry mouth
- Sick to stomach

### Everyday Strategies

- Belly breath
- Sunrise
- Table top
- Monkey arms
- Star toe touches
- Finger touches
- Fists open, fists closed

### Primary Goal of Vision Therapy

**Improve self awareness and develop strategies that allow for access to optimal skills and ability in all activities of choice.**