

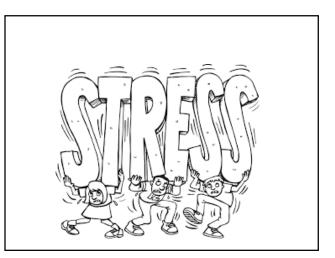
#### What happens when YOU'RE stressed?

- 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 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 "fightor-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 armsStar 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.