

Three Focus Techniques Expanded Field of Vision

Focus on a point directly in front. Then begin to expand your field of vision. Keep looking straight ahead but begin to notice what is slightly to the left and slightly to the right. Continue to expand your field of vision a little further to the left and the right. Expand your field of vision as far out to the left and right as possible. Sit quietly and notice how much of your environment you're able to view. Take a few deeper breaths. This can be done a few times per day in just a minute each time. Eventually, it could become a natural, & easy, way to focus.

Bilateral Stimulation

Begin by holding a small object in the right hand. Have both hands in front about waist level. Then pass the object from the right hand to the left hand. It the object should be passed just past the mid line of the body. Do this for about 60 seconds. This activity can balance the left & right hemispheres of the brain and tends to reduce stress.

Vagus Nerve Techniques

There are a few simple techniques to activate the Vagus Nerve:

- Relax the jaw or open the mouth.
- Humming, Singing and Chanting.
- Cold Water on the face.

All the above can stimulate the Vagus Nerve.

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“Minding The Mind”

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