

Vision-Based Neuro Exercises for Brain & Nervous System Health

Simple, science-backed drills that support focus, balance, and emotional regulation

Why Train Your Eyes?

These exercises may seem simple, but they're powerful tools for supporting **brain function, posture, nervous system regulation, and focus**. They are commonly used in neurological rehabilitation and are beneficial even for people without a brain injury.

When you train your eyes, you're also training your **vestibular system** (balance), **proprioception** (body awareness), and **parasympathetic nervous system** (rest-and-digest response).

Who Are These For?

- ✓ Anyone seeking better focus and mental clarity
- ✓ Individuals experiencing anxiety, stress, or nervous system dysregulation
- ✓ People wanting to improve balance, posture, and coordination
- ✓ Individuals recovering from concussions or head injuries (under medical guidance)
- ✓ High performers wanting better cognitive performance

How to Do the Exercises

- Practice 3–5x a week
- Total time: 10–20 minutes
- Perform each drill for 1–2 minutes with 1–2 minute breaks
- No need to count reps—focus on consistency and gentle movement

1. Pencil Pushups

- **Purpose:** Trains eye convergence and spatial awareness
- **Benefit:** Enhances coordination, depth perception, and balance

How to do it: Hold a pencil at arm's length and slowly move it toward your nose. Keep your eyes focused on the tip. Stop if it becomes blurry or doubles.

2. Smooth Pursuits

- **Purpose:** Trains slow tracking of moving objects
- **Benefit:** Activates parasympathetic nervous system (calming), improves visual tracking

How to do it: Move a target (like a pen) slowly side-to-side or up-and-down with your eyes following it—don't move your head.

3. VOR Training (Vestibulo-Ocular Reflex)

- **Purpose:** Trains the eyes to stay steady while the head moves
- **Benefit:** Improves balance, posture, and gaze stability

How to do it: Hold a fixed target in front of you. Move your head side to side (or up and down) while keeping your eyes on the target.

4. Saccades

- **Purpose:** Trains rapid eye movements between two points
- **Benefit:** Supports brain hemisphere integration and emotional processing

How to do it: Place two targets (e.g., sticky notes) about 12–18 inches apart. Quickly shift your gaze back and forth between them without moving your head.

Exercises Tutorial Link:

https://www.instagram.com/reel/DJx2lwMtzhV/?utm_source=ig_web_copy_link

Why It Works:

These eye-based drills activate multiple brain regions including the **cerebellum**, **brainstem**, and **frontal cortex**. They can also improve neural plasticity—helping your brain adapt and function more efficiently.

Supporting Research:

- Schubert & Minor (2002). Vestibulo-ocular reflex in rehab. [PMID: 11999152]
- Herdman et al. (2010). Vestibular rehabilitation mechanisms. [PMC2947442]
- Bhattacharyya et al. (2022). Vestibular rehabilitation update. [PMC9777704]