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Eye Patching for Stress Relief

Placing an eye patch over one eye causes the mind to “see” things differently. For most people, patching the left eye quiets the right brain, and helps you focus. This may result in feeling irritable. Patching the right eye typically quiets the left brain, and assists you in seeing the whole picture, and results in feeling peaceful. This is the typical neurological wiring of the eyes and the brain for most people. Some, however, are parallel wired, so try it both ways and note which way you feel peaceful and which way you feel irritable.

In using eye patching for stress relief, always patch the eye that results in feeling comfortable and peaceful. Use this tool to release stressful in-the-moment feelings, intrusive or repetitive thoughts, or communication problems with others.

Instructions:

1. Place the eye patch over the eye that results in feeling comfortable and peaceful. Leave your eye open under the patch. This signals the brain that there is no input.
2. Adjust the string length to comfortably fit your head.
3. Leave on for 5 minutes or so, until you notice your stress level is reduced.
4. Repeat as often as necessary.

Warning: Do NOT patch your eyes while driving, cutting, going down stairs, or any time depth perception is necessary.

Disclaimer: This use of an eye patch is a self-help tool for use in relieving in-the-moment stresses. Other uses of the Eye Patch, including its use in assisting to release core issues, is available only through personal programs with Debra. Patches may be purchased through Debra. Visit her website, www.debragordyms.com to learn more, including how she assists people just like you to achieve the happiness they seek.

(Adapted from RET Institute materials.)