Hi everyone. Welcome back to CAPS Daily Dose. My name is Kyle and I'm a therapist at CAPS and I'm gonna give you an a meditation today for your eyes. That's right, your eyes. Overnight with everything happening right now all of a sudden we’re looking at our computer screens so so so much and even you can see my eyes just staring at this camera like they're fatigued. They might be kind of achy. So one meditation we can do is we're gonna generate some heat in our hands. We’re gonna put our hands together and we’re gonna pay attention to this part of our palm and we're gonna be putting this part of our palm - not really pressing the eye all but gently kind of over the eyes like this like we're covering our eyes.

So what we're gonna do is gonna rub our hands together like this - really really really fast. Generate some heat. Get it nice and warm. And then put it right on your eyes gently put it down so you can't see anything and just breathe and relax. Let all melt away and all that stimulation away from your eyes. Notice how much better you feel. Do that for a minute. Do that for five minutes. Do that. Take some time throughout the day and have that little break. Our eyes have been working so hard!

Alright that's my Daily Dose, so stay safe everyone.