

Peripheral Vision



What is it?

 Gently softening your gaze and expanding your awareness to include the full visual field (periphery), not just what's directly in front of you

Why does it work?

 Engaging peripheral vision cues the nervous system that you're not in danger — it's a signal of safety and presence.

How did you feel after trying this tool?	When do you think this tool would be helpful in your life?

