



brain optimization techniques & programs

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Ten Signs of Hand-Eye Stress That Can Interfere With Learning

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There are natural steps in a child's developmental processes. When some of these steps are skipped, through tension or injury, adaptation and compensation takes place.

Visual/auditory/postural compensations tend to build upon one another, often with a long term negative impact on self-esteem. However, the mind-body system is flexible and can re-educate itself easily. Early recognition of the signals of difficulty, and encouragement through movement, neuromuscular repatterning, Brain Gym® and/or optometric intervention can re-establish stress-free learning habits.

Licensed Brain Gym Instructors and Consultants are trained observers of posture and attitudes which reveal the early onset of hand-eye stress. Possible indications of such tension occurring is observable when a child or adult:

1. Avoids the writing midfield, holding the paper consistently in only one visual field
2. Inhibits the use of one eye while writing or drawing (i.e. lets arm hand limp, sits or leans on hand, fails to steady paper with non-writing hand)
3. Inhibits the use of one eye while writing or drawing (i.e. covers eye with hand, allows hair to cover eye, turns head awkwardly)
4. Thrusts tongue (motor involvement) while forming lines or letters
5. Avoids crossing the midline of the page by changing pen or pencil from one hand to the other, or by changing writing styles at the midline
6. Holds pencil, scissors or other tools awkwardly or tightly
7. Resorts to fidgeting or excessive body movement when holding a writing tool
8. Disorganizes or misaligns words or drawings on the paper
9. Erases excessively
10. Demonstrates overt stress symptoms, such as sweaty palms, dilated pupils, heavy breathing, or needs to eat while working at near point

*Note: Hand-eye stress may reveal more serious medical problems. Any child or adult who persistently exhibits the more obvious signs of visual strain, such as blurry or double vision, itchy or watery eyes, headaches, or postural deviations, should have their eyes professionally checked. Brain Gym Instructors and Consultants are trained to work with the eye specialist in cases such as this.



Cristina Whitehawk has been licensed since 1989 as a Brain Gym® Instructor/Consultant. As a master facilitator and educator she has been instrumental in teaching individuals, educators, and organizations to access and harness previously untapped inner resources using the brain-specific movements and processes of Brain Gym and other brain optimization techniques. She is the author of *Doorways To Daily Soul Nurturance: A Book for Daily Inspirational Focus*