



7-Day Digital Eye Detox Journal

Companion to the Digital Eye Detox Guidebook by Dr. Shajer

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by Dr. Shajer

Founder, Noorayn Integrative Optometry

Welcome to Your 7-Day Digital Detox Journey

A mindful reset for your eyes, mind, and soul
Curated by Dr. Shajer, Noorayn Integrative Optometry

In today's world, we are constantly surrounded by screens—from work to entertainment, social media to shopping. While digital tools offer convenience, they often come at the cost of our physical well-being and mental peace. Blurry vision, dry eyes, headaches, poor sleep, and emotional fatigue have become all too common.

This journal is your sanctuary.

Over the next 7 days, you'll explore simple, evidence-backed practices to help you:

- Reduce digital eye strain
- Reclaim your focus and mental clarity
- Cultivate restful breaks from screen time
- Integrate gentle self-care into your daily life

Each day offers:

- A morning intention
- Eye care rituals
- Movement or mindfulness prompts
- Nourishment suggestions
- Space for reflection and awareness

This isn't about perfection. It's about presence.

By the end of this journey, you'll not only feel relief in your eyes, but also a deeper connection to yourself and your surroundings.

Let's begin this beautiful pause together.

— Dr. Shajer

Integrative Optometry Expert

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How to Use This Journal

7-Day Digital Eye Detox Journal Instructions

Dear reader,

This journal is your daily companion for restoring balance between your digital life and your well-being. It is designed to guide you gently through a week of mindful awareness, self-care, and vision support.

Here's how to get the most out of your journal:

Use One Page Per Day

Each day is divided into 3 parts:

- **Morning Check-in** – Start your day screen-free and reflect on how your eyes feel.
- **Midday Reset** – Track your screen time and hydration. Use the 20-20-20 rule and aromatherapy tools to refresh your senses.
- **Evening Reflection** – Wind down with calming routines like cold compresses and lubrication drops. Reflect on your experience.

You'll be encouraged to try Eye Wellness Practices:

These simple yet powerful practices help reduce digital eye strain, relax the nervous system, and restore clarity.

- **Palming** – Relaxing eye muscles by covering eyes with warm palms
- **Blinking and Eye Movements** – To reduce dryness and stiffness
- **Hydration** – Drink at least 8–10 glasses of water/day
- **Aromatherapy** – Use roll-ons, candles, or sage to support your nervous system

Palming

Relaxing eye muscles through warmth and darkness.

Procedure:

1. Rub both palms together vigorously until warm.
2. Gently cup your palms over closed eyes—fingers resting on the forehead, base of palms on the cheekbones.
3. Do not press the eyes. Breathe slowly.
4. Hold this position for 1–2 minutes.
5. Visualize darkness or calming scenes while resting your eyes.

When to use: After long screen exposure or before sleep.

Blinking and Eye Movements

Improves tear film, relaxes extraocular muscles, and prevents dryness.

Procedure:

1. Blink rapidly for 10–15 seconds. Repeat 2–3 times.
2. Slowly move your eyes in the following directions (without moving your head):
 - Up and down (5 times)
 - Left to right (5 times)
 - Clockwise and counterclockwise circles (3 times each)
3. End with a few slow, mindful blinks and relaxed eye closure.

When to use: Midday or after 30–60 minutes of screen time.

Hydration

Keeps your body healthy, prevents dehydration.

Tip:

- Aim for **8–10 glasses** of water daily.
- Sip throughout the day instead of drinking all at once.
- Add a slice of lemon or mint for variety.
- Avoid excess caffeine and sugary drinks which may dehydrate you.

When to focus on: Begin right after waking and during all screen breaks.

Aromatherapy

Calms the nervous system, supports sleep, and enhances focus.

How to Use:

1. Use **essential oil roll-ons** on temples, behind ears, or wrists.
 - Recommended oils: Lavender (for relaxation), Peppermint (for focus), Frankincense (for grounding)
2. Inhale the scent deeply 3–5 times with eyes closed.
3. Alternatively, light a **scented candle** or use **sage incense** during digital breaks (if Possible).
4. Combine with deep breathing or journaling for added effect.

When to use: Morning routine, midday break, or evening wind-down.

Be Honest & Gentle

This is not a performance tracker—it's a space for truth, presence, and reset. There's no right or wrong way to fill it. Some days you may do all the rituals, other days just one. Both are valid.

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Tips for a Successful Detox

- Keep the journal printed and placed near your workspace or bedside.
- Use physical reminders like sticky notes or phone alarms to take mindful breaks.
- Pair with herbal tea, calming music, or a daily walk for best results.
- Involve your family—encourage group screen-free time.

What Happens After 7 Days?

You can repeat the journal as needed. Use it weekly, monthly, or anytime you feel overwhelmed by screen use. The more you practice, the more natural these habits will become.

With care and vision,

Dr. Shajer

Founder, Noorayn Integrative Optometry

www.nooraynintegrativeoptometry.com

Day 1

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied. Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 2

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 3

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 4

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 5

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 6

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____

Day 7

Morning Check-in

Date: _____

- How do your eyes feel upon waking? _____
- Screen-free for first 30 mins? Yes No
- Eye muscles activation done? (Circle): Palming / Blinking / Figure 8
- Herbal tea taken? Yes No

Midday Reset

- Screen time so far: _____ hrs
- Water intake: _____ glasses
- 20-20-20 rule? Yes No
- Roll-on/Candles/sage used (Aromatherapy)? Yes No
- Eye strain? Yes (describe): _____ No

Evening Reflection

- Cold eye mask? Yes No
- Screens off 1 hr before bed? Yes No
- Lubrication drops applied? Yes No

Reflections

1. Screen trigger: _____
2. Favorite screen-free moment: _____
3. Tomorrow's intention: _____