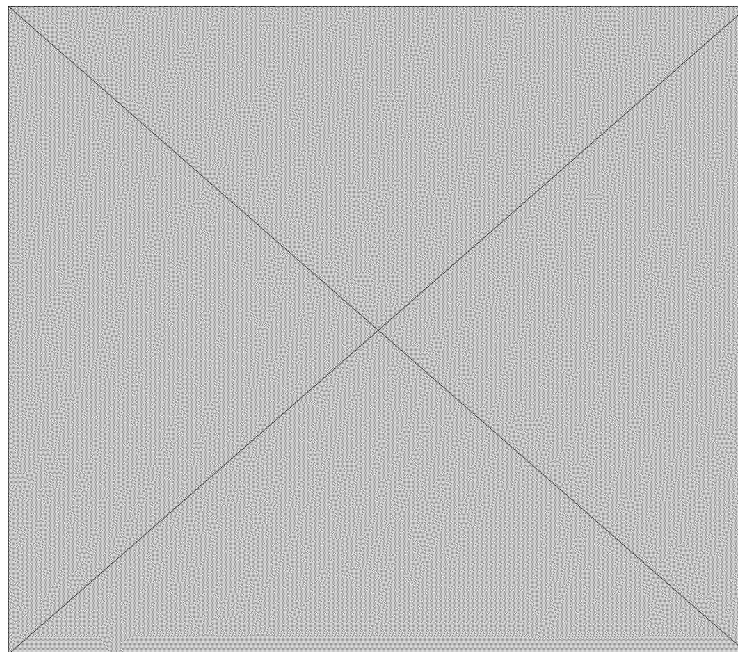


From: Doll, Laura
Sent: 12/17/2013 12:21:31 PM
To: Clanon, Paul (paul.clanon@cpuc.ca.gov)
Cc:
Bcc:
Subject: Got this in an email from our ergonomic folks today; so it has a name!

Palming Exercise

Purpose: The goal of Palming is help relax the visual system. You can perform this exercise at a table or your desk, while seated in your chair. You may find it helpful to support your arms with cushions. If you work in an office, support your arms on your desk or a pile of documents.

Step 1) Warm your hands by rubbing them together. Then, with your eyes shut, cup your hands around your eyes. Keep all light out, but be sure not to apply pressure to your eyes.



Step 2) Breathe slowly and take deep breaths. Imagine yourself in your chosen daydream, such as a tropical beach, mountain getaway, etc. It is a beautiful day, and you don't have a care in the world. You can feel the sun warm your skin, as the palm trees sway in the breeze. Enjoy the fantasy and visualize as much detail as you can.

Duration/Frequency: One to five minutes each break, several times throughout the day.

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