Stress is Literally Changing How You See Transcript

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Stress and Overwhelm in Daily Life

How stress rewires your visual system. Have you ever noticed that when you're stressed, even simple daily tasks feel overwhelming? All of a sudden in the grocery store feels like an insurmountable task.

Driving feels everything is coming at you all at once. Even hanging out with your kids feels like a sensory overload. Maybe you have this feeling of overwhelm, like you're being crowded by everyone and everything.

It's not in your head. Stress literally changes the way you see the world. Hi. I'm Dr. Bryce Applebaum.

Vision Is Controlled by the Brain

isn't just about how clearly you see, it's about your brain and eyes work together in harmony. And today I wanna talk about something we almost never connect to vision, but absolutely should, stress.

When people come to me with vision issues, they're usually thinking about their eyes. They think they need a stronger prescription, different glasses, maybe they know they to take more breaks from screens.

But what most people don't realize is that vision happens in our brain. Our eyes collect information, but your brain decides what to do with that information and how to interpret it.

Fight-or-Flight Changes Visual Processing

And when your is under stress, the way you see the world changes, literally. What stress does to the nervous system. When you're stressed, your nervous systems shifts into fight or flight mode.

That's survival mode, it's how we're wired for protection. We've all experienced it before. You start feeling stressed and all of a sudden you have this overwhelming urge to just get away or to make it stop.

For most of us, when that stress becomes too much, we simply stop functioning properly and we lose our ability to think properly. Your brain starts prioritizing threat detection over comfort, flexibility, and efficiency.

And physically, your body and brain are responding to the perceived threat too. So instead of wide panoramic relaxed vision, you get narrow focused hyper alert vision.

Everyday Vision Symptoms Under Stress

Basically, that's tunnel vision locked in. How this shows up day to day. This is where people start saying things like, I feel overwhelmed. I can't face the mall or the grocery store right now.

Can't focus on my computer anymore. Get headaches or eye strain by the end of the day, can read one more thing. And here's the important part. There's likely nothing wrong with your eyes.

Your visual system is just stuck in a protective state. The physical side people miss. Stress doesn't just affect your thoughts. It affects your breathing, your posture, systemic function, and muscle tension.

That tiny muscles inside and around your eyes tighten.

Physical Effects on the Eyes and Body

Your neck and shoulders tense up. You're sensory threshold changes. you're breathing becomes shallow. your pupils dilate. Your visual system and your visual stamina gets drained.

Your eye movements become more reactive and all of that feeds back into how efficiently your eyes and brain work together. Chronic stress and vision. When stress becomes chronic, when this happens for too long, your vision system can stay locked in this guarded mode.

And then this becomes the baseline for your visions. And that's when symptoms stop feeling temporary. They start feeling normal, like you're new normal.

People adapt to the stress and their vision adapts right along with it. But let me just tell you, long term, this is not going to be good news for your vision as you get older.

Chronic Stress and Long-Term Vision

I share this not to scare you but because it's something that you can change. Even if you're dealing with seasons of stress from life, you can take practical steps to reset your visual system and even reduce the response to stress, from your Visual System.

The Reframe. So if the world feels more overwhelming, harsher or harder to process lately, Listen up! It's likely not just aging, and it's not too much screen time.

It is your response to the environment. Your nervous system asking for support. A cry for help. You can start with your vision and feel the effects on your whole system.

This is why we focus on vision performance training, not just eyesight, but the eye brain connection.

Resetting the Visual System

When we holistically train the visual system, we're also calming the nervous system and restoring your ability to focus and perform at your best. Your vision not only reflects your internal state, it drives it and way more than you think.

When you change the state, the way you see the world can change too. If this resonates, I've put together a guide with my top five tips to improve your vision naturally.

And we share what you can actually do about it. You'll find all that information below.