

Certain circumstances, tasks or situations will cause your symptoms to worsen, the treatment is to practice exposing yourself to the stimulus/video in order to habituate and adapt. Your brain will learn to override and correct the symptoms. You can progress each exercise by watching in various challenging balancing positions.

1. **Sit and watch**
2. **Stand and watch with your feet apart**
3. **Stand and watch with your feet closer together**
4. **Stand and watch with one foot forward 'heel to toe'**
5. **Stand and watch on one leg**

Walking through Times Square

<http://www.youtube.com/watch?v=ezyrSKgcyJw>

<http://www.youtube.com/watch?v=ifH5331ulsk>

Walk through crowds

<http://www.youtube.com/watch?v=pGUqqBGViS4>

<http://www.youtube.com/watch?v=gGlqujwrhbl>

<http://www.youtube.com/watch?v=xvOu4T9zQY4>

<http://www.youtube.com/watch?v=4tYhAMCrQOE&feature=relmfu>

Walk through supermarket

<http://www.youtube.com/watch?v=bZ4AACQljul>

<http://www.youtube.com/watch?v=paOOOG5h3mA>

<http://www.youtube.com/watch?v=m27ftx5OQE4>

<http://www.youtube.com/watch?v=CCNXUS-DITw>

Thunderstorms

<http://www.youtube.com/watch?v=qRcKylGzfiw>

Leaves moving in the wind

<http://www.youtube.com/watch?v=JxYGbszfEHs&feature=related>

Cycling

<http://www.youtube.com/watch?v=8h3G8QL4HHA>

Car with windscreen wipers

<http://www.youtube.com/watch?v=ENRI8pcOW3o>

<http://www.youtube.com/watch?v=gz-n3l9qd-M>

Driving in traffic

http://www.youtube.com/watch?v=Qa_ZSRj0WM0

<http://www.youtube.com/watch?v=tK9XMtIBbco>

Tunnels

<http://www.youtube.com/watch?v=AtndQTKH2WE&feature=related>

<http://www.youtube.com/watch?v=ABq3NDPEjCc&feature=related>

<http://www.youtube.com/watch?v=99T5LncbKpU>

References

Information obtained from HCP at University College London Hospitals NHS Trust

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