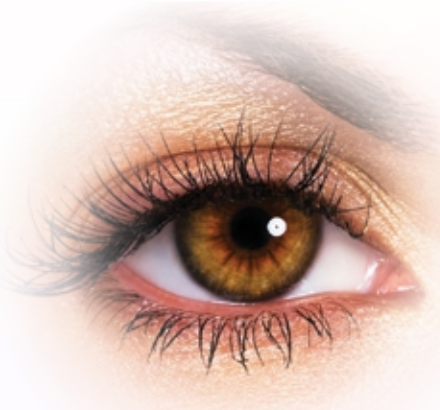


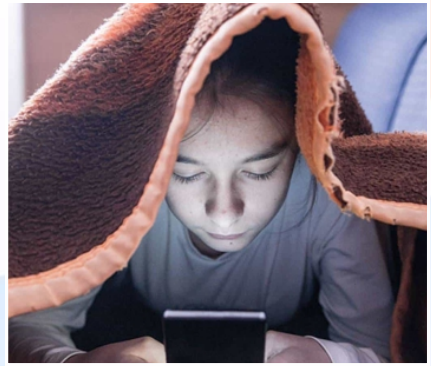
Eye strain is a common condition caused by the intense use of your eyes during a task.



Driving



Reading



Computer and cell phone use



Extended periods of detail work (sewing, writing)

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NUTRITION FOR HEALTHY EYES



Nuts & legumes



Fish



Citrus fruits

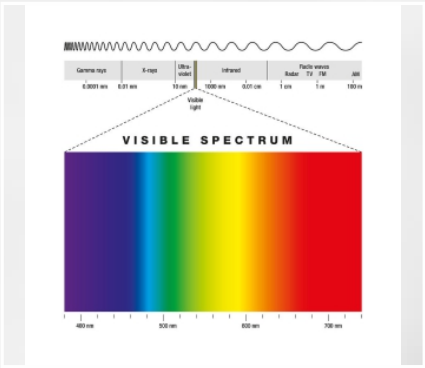


Leafy vegetables



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Measures to Maintain healthy eyes and good vision



Protect eyes from short-wavelength visible light.



Protect from sun



Do not smoke



Do regular exercise

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Exercise for eyes



Focus change

- **Focus Change:**
- This Exercise works by changing your focus.
- It should be done in seated position.
- Hold your pointed finger a few inches away from your eyes and focus on your finger.
- Slowly move your finger away from your face.
- Holding your focus look away for a moment into the distance.
- Then focus on your outstretched finger and slowly bring it back towards your eyes,
- Then look away and focus on something in the distance.
- Repeat this for three times.

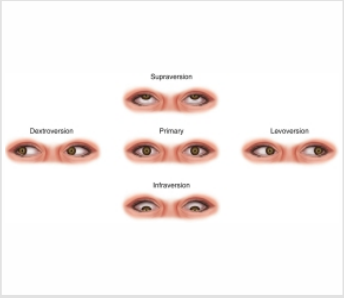


20-20-20 rule

20-20-20 Rule:

- Eye Strain is a real problem for if you work on the computer all day.
- This rule may help to prevent digital eye strain.
- To implement this rule every 20 minutes look at something 20 feet away for 20 seconds.

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Eye movements

Eye movement:

- Slowly move the eyes upward then downward
- Repeat this exercise for three times.
- Then slowly move the eyes to the left then to the right
- Repeat it for three times.

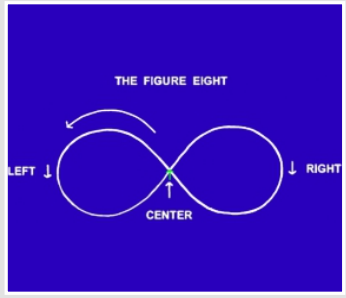
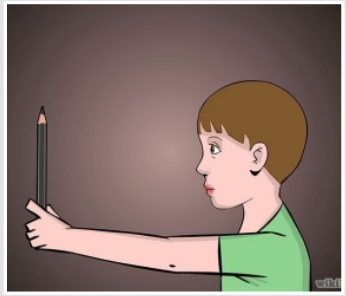


Figure8

Figure 8:

- Focus on an area on the floor around 8 feet away.
- Move the eyes in the shape of a figure 8
- Then trace the imaginary figure 8 for 30 seconds then switch direction.



Pencils pushups

Pencil pushups:

- Pencil push ups can help people with convergence insufficiency.A Doctor might recommend this exercise as a part of vision therapy.
- Hold a pencil at arm's length, situated between the eyes.
- Look at the pencil and try to keep a single image of it while slowly moving it towards the nose.
- Move the pencil towards the nose until the pencil is no longer a single image.
- Position the pencil at the closest point where it is still a single image repeat it for 10 times.



Palming

Palming:

- Rub both palms together until they are warm.
- Then place both palms over your closed eyelids.
- The warmth of your hands will gently heat your eyes.
- The muscles of your eyes begin to relax
- Keep your palms there until all the heat has been absorbed by your eyes.



Eye press

Eye Press:

- Close your eyes and inhale deeply.
- Put your fingers on your eyelids and press lightly.
- Use a bit of gentle pressure on your eyes.
- Hold them for about 10 seconds.
- Slowly open your eyes and blink them for a bit to help in reorient.
- Then repeat this for 10 times it will give you maximum eye relief.



Zooming

Zooming:

- It is a healthy eye exercise, and great for those who look at a computer screen all day.
- Sit on a chair in best posture then hold your arm straight out in front of you with your thumb up then keep your eyes on your thumb.
- Slowly bend your elbow to bring your thumb closer to your eyes.
- This exercise will provide relaxation to your eyes.

Note - In case you wear spectacles then do all exercises with spectacles.

Healthy Eyes Tips



Wear sunglasses



Take healthy diet



Wear corrective lenses



Drink plenty of water

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