



VISION BREAK

By Gabrielle Molan

Most of us are spending more and more hours sitting in front of computers often for work and more and more we are using computers in leisure time. Focusing for prolonged periods at a computer screen places a lot of strain on our eyes - here are some exercises to give your precious eyes some rest and relaxation!

1. Refocus your Eyes:

- a. Look up and focus on the farthest object in the distance for 5-10 seconds.
- b. Shift your vision back to the screen and refocus. Repeat three times.

2. Rest Your Eyes:

- a. Rub your palms together, cup warmed palms over (not on) closed eyes, allowing no light to enter.
- b. Experience total darkness for 20-30 seconds. Take long, slow, deep breaths.
- c. Relax eyes, face, brow and jaw. Do not squeeze eyelids shut.

3. Think to Blink:

- a. Place your fingers gently on your temples. Close your eyes and experience the sensation of the upper eyelids touching the lower eyelids. Open for 3 seconds. Repeat 10 times.
- b. Blink lightly and quickly as fast as you can 10 times. End with a relaxing temple massage. Use only the muscles of your eyelids and not your facial muscles to close your eyes.

4. Stretch Your Eyes:

- a. Close your eyes. Imagine a giant clock directly in front of you with your nose at the centre.
- b. Move eyes slowly and smoothly:
Up and down (12 – 6)
Side to side (3 - 9)
Diagonally (11 – 5), (7 – 2)
Repeat each sequence twice. Move eyes clockwise, then counter clockwise slowly and smoothly in a complete circle.

By doing these exercises several times a day, you will improve the health of your eyes and prevent headaches. These exercises are also effective methods of preventing eye sight degeneration.