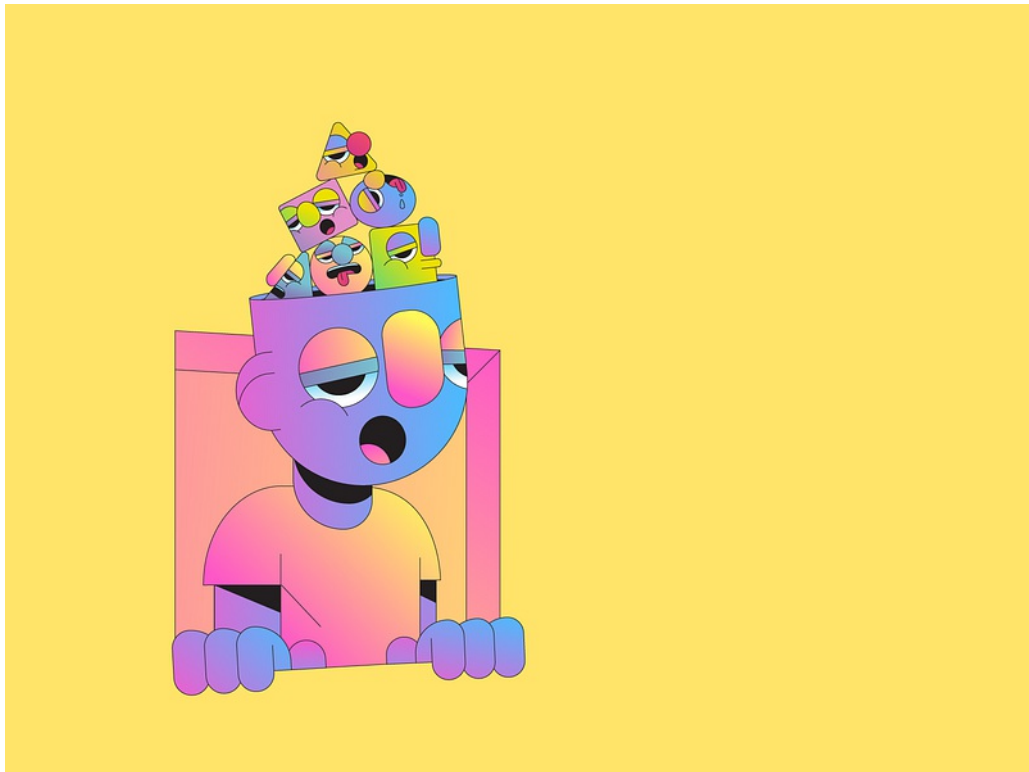

Kakacomputer mo ‘yan

With online classes, it’s a valid excuse now.



[Good Morning](#) by [Defaced](#)

As a child born into the digital age, I found myself exposed and happily engaging in computing devices. Most oftenly because of the vast amount of games it offers to cure our boredom. However, the idiom “an eye for an eye” is taken too literally here: you use your eyes to spend time playing, and in return, your eyes slowly deteriorate due to the unfiltered amount it is exposed to. This can cause a multitude of inconveniences such as brain fog and technostress.

With the introduction of online classes, students like me are forced to expose my eyes to the computer for at least 4 hours a day. These can prompt the aforementioned symptoms and can gradually become worse. That is why it is important to regulate our computer usage and take breaks whenever possible.

By [Carl Kho](#) on [September 15, 2021](#).

[Canonical link](#)

Exported from [Medium](#) on October 31, 2025.