

Dear Angela,

When I started programming I had the same problems, let me give you some Advice on your problem, this is what I think you should do.

Your parents are right, but everything has a solution.

First of all, try to find a good office chair that allows you to sit properly, place the monitor at the correct height, make sure you do not work in the dark. You can search an online guide on how to organize your workspace.

For your tired eyes, in my opinion you should pause from time to time, it would be a good idea use a technique called Pomodoro to organize your work time. And finally, do sports, move it. Look how all the pain will go away.

I hope this advice helps you, write me to find out if it has been useful.

Best wishes.

Antonio Ferrer .