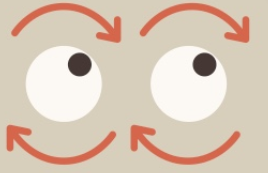
**Correctly Position Your Computer**

**Eye Rolling Exercise**

Keep your head still and moving only your eyes, look all the way to the left and then move your eyes slowly and smoothly in a clockwise. After doing it clockwise for 30 seconds to 1 minute, you can do it anti-clockwise.



**Focus Shifting Exercise**



Focus on your thumb about arm’s length away from the tip of your nose with the thumb pointing up slowly move the thumb toward your nose until you can no longer focus clearly on it.

**Blinking**

Since a lack of blinking is one of the contributing factors to computer-induced eyestrain, maintaining proper blink frequency is your best insurance to CVS symptoms.



## THE 20-20-20 RULE

Computer screens are brightness devils and they need to be dealt in the strictest ways. A simple thumb rule is to glance away at an object 20 feet away, for at least 20 seconds.

## PALMING

## C:\Users\pc\Desktop\00ccddce2fdf5b11b56b17c565609a20.jpg

Palming is another effortless exercise, that helps your eyes to relax. All you need to do is rub your hands together until they are warm and place them over your closed eyes for a couple of minutes and let the warmth radiate to your eyes.

**Massage your eyes.**

Apply a hot and cold compress: Soak a towel in warm water, and a towel in cold water. Place the warm towel on your face, making sure it drapes over your eyebrows, closed eyelids, and cheeks. 

**Make a figure eight with your eyes.** This is a great exercise to practice controlling the physical movement of your eyes.[[10]](https://www.wikihow.com/Exercise-Your-Eyes#_note-10)

Imagine a giant figure eight on the floor, about 10 feet in front of you.



Further detail

<https://www.purevisionmethod.com/eye-exercises-for-computer-users/>

* **Deep Breathing -**Breathe in slowly through your nose. Hold for 2 seconds, then exhale through your mouth. Repeat several times.
* **Head & Neck Relief -**Turn your head slowly from one side to the other, and look over each shoulder. Hold each turn for the count of three. Repeat 5 to 10 times.
* **Shoulder Roll -**Roll your shoulders forward 5 times using a wide circular motion. Then roll your shoulders backward. Repeat 5 to 10 times.
* **Upper Back Stretch -**Fold arms in front of you. Raise to shoulder height, then push your elbows straight back. Hold a few seconds. You should feel a nice stretch in your shoulder blades. Repeat 5 to 10 times.
* **Lower Back Heaven -**While sitting, slowly bend your upper body between your knees. Hold for a few seconds, then sit up and relax.
* **Wrist Relief -**Hold your arms straight out in front of your body. Raise and lower your hands- bending at the wrist, to stretch the muscles in your forearm. Repeat several times.
* **Hand and Finger Help -**Make a tight fist with your hands. Hold for a second. Then spread your fingers as far apart as you can. Hold for five seconds. Repeat.
* **Leg Lifts -**While sitting in a chair, grasp the shin of one leg and pull slowly toward your chest. Hold for five seconds. Then do the other leg. Repeat several times.

*Reference: Body Bulletin (November 1992) Library of Congress*