



AWARENESS

EYE GYM - EXERCISING YOUR EYES

Most of us rely heavily on our sight, and like most things, there are ways we can improve or take better care of this sensory ability

Here are some easy-to-do eye care exercises you can try:

1. Take a break for tired eyes

Get yourself a change in scenery.

If you've been staring at a screen for an extended period, whether it's your phone or a computer screen, take the odd break to look at something in the distance.

It helps your eyes to zoom out for a change.

2. Shifting focus

In a seated position, focus on one of your fingers and move it slowly from left to right and then towards and away from you.

Afterwards, focus on something in the distance again.

Switching things up gives the eyes a good work out.

3. Make an 8

Place yourself in a seated position again, focus on the floor about a meter or so in front of you.

Using your eyes, trace a figure of eight pattern on the floor and repeat this a few times.

Then do it all again, but go the opposite direction this time.

4. Three times twenty

Eye strain is not good for the eyes.

Try and use the 20-20-20 rule to keep your eyes bright and shiny.

Every 20 minutes look away from your screen at something at least 20 meters away for 20 seconds.

It really helps if you're working in a place that has a nice view that you can look at and enjoy from time to time.

The eyes may or may not be the 'windows to the soul' but they are a valuable resource that we should invest in taking care of for our own long-term benefit.