

Eye health



Eyes and vision are something no one wants to be without. To keep them working for you for many years to come, you need to protect them now and take the best care of them that you can. Here are some tips to help take care of your eyesight.

- **Use proper lighting:** Poor lighting in a room, when you are reading, watching the television or are using the computer, adds extra strain to the eye by forcing it to adjust to an unfriendly environment. The eyes have to work harder to convey messages to the brain as it is under the pressure of providing sufficient light for proper concentration. Always ensure that the room you are in is well-lit in order to prevent over-tiredness or fatigue to the eyes.
- **Exercise your eyes:** Eye exercises are great for improving eyesight. These exercises require concentration and a little practice. Start by focusing your gaze on the tip of your nose without blinking. Remain like this for as long as you can. Then close your eyes and relax. Repeat this a few times throughout the day.
- **Prevent eye infections:** Avoid rubbing your eyes with your hands, even though you may think they are clean. Our busy hands are breeding grounds for bacteria, especially with untrimmed nails.
- **Have regular eye checkups:** Having your eyes checked regularly may sound obvious but not many people do visit their optometrist for

regular check-ups. If you wear glasses, have your doctor check if you are still using the same power you were a year ago. Should the power need to be increased, it is imperative to have your lenses changed to accommodate the new requirements.

Help your eyes relax

You can help your eyes relax by saving used teabags and chilling them in the fridge. Placing these over your eyes cools them down after a stressful day. Alternatives would include cucumber or chilled teaspoons.

This palming exercise will teach you to relax your eyes, helping them feel more energised.

Rub your hands together until they feel warm. Then place your cupped hands over your closed eyes, being careful not to touch your eyes with the palms of your hands. The fingers of each hand should overlap and rest gently on the centre of your forehead. Don't create any pressure on your face. If your arms get tired, rest your elbows on a table. Relax for two minutes. The more relaxed you become, the blacker the darkness you will see with your eyes closed.