EYE STRAIN RELIEF

**NOVEMBER EYE STRAIN**

**EPIC WAY TO WELLNESS**

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**TIP 1**

**USE PROPER LIGHT**

- Eliminate exterior light
- If possible, use soft lights from lamps and dim overhead lights

**TIP 2**

**REDUCE GLARE**

- Apply an anti-glare screen to your monitor(s)

**TIP 3**

**UTILIZE DARK MODES TO REDUCE SCREEN BRIGHTNESS WHEN USING ELECTRONIC DEVICES**

**TIP 4**

**BLINK OFTEN**

**TIP 5**

**PRACTICE THE 20-20-20 RULE**

Look away from your computer every 20 minutes to gaze at an object 20 feet away for a minimum of 20 seconds

**TIP 6**

**TAKE BREAKS EVERY HOUR, FOR AT LEAST 10 MINUTES, TO STRETCH YOUR NECK, BACK, AND SHOULDERS**

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