

**NOVEMBER**

EYE STRAIN



**EPIC WAY TO WELLNESS**



## EYE STRAIN RELIEF

**TIP**  
**1**

### USE PROPER LIGHT

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



**TIP**  
**2**

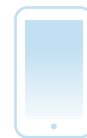
### REDUCE GLARE

- 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

