



## ENERGIZE YOUR EYES

Dear All,

They say that we should walk our talks and yet, with my 20 years of passion for energy management, I recently faced how easy it is to forget this.... For two months, I have been totally absorbed in my writing, spending many hours in front of my computer - to the point that my eyes became parched and my batteries drained. How ironic!

However, those long days at my desk reminded me of the benefits of a number of simple yet great tips, starting with the basic ones to keep our eyes relaxed to sustain our focus for longer periods.

My suggestion is to set a reminder BEFORE you start your work - from a simple Post-it note to an alarm on your cell phone - to snap you out of workload mode at regular intervals: between 20 and 45 minutes.

**1. BLINK YOUR EYES** as often as possible. Blinking is the best exercise for our eyes. It relaxes them by providing moisture to the eyes. This is especially useful if you wear contact lenses and work in an air-conditioned environment.

**2. ROLL YOUR CLOSED EYES** to relax eye muscles and take slow, deep breaths for 1 minute every hour.

**3. WASH YOUR EYES WITH COOL WATER** at the beginning and end of each day at work.

**4. TAKE A 5-MINUTE BREAK EVERY HOUR.** Get up from the chair, stretch, drink a glass of water. Just get away from the computer. It will not only give your eyes a refreshing break, but also give your body and mind a rest.

**5. CLOSE YOUR EYES and do 'palming'.** Rub your palms vigorously and place them lightly on your eye lids for about 30 seconds. Do this three times. This exercise comes from yoga and gives you a break from the brightness of the screen.

**6. USE AN ANTI-GLARE SCREEN** on your computer to protect your eyes.

**7. FOLLOW 20-20-20 RULE.** Look 20 ft away for 20 seconds, every 20 minutes.



## FURTHER RESOURCES

Keeping your eyes relaxed is only one part of the equation. What I found even more effective was to also apps, mind my posture, do some stretching and relaxation exercises.

- To help your posture stay aligned and relaxed, these are 2 posts from last year:

- 1 minute-videos: <https://goo.gl/FYkhTS>
- Images to print with the key movements: <https://goo.gl/lbr2XW>

- 8 free apps to reduce the strain on your eyes, both for computers and mobile phones: <http://goo.gl/KurR>

- Last, but not least... my best finding during my busy writing days: a program that offers you a variety of office stretching, reminders to drink water and suggests short, guided visualizations. It's geared for professionals and you can try it out for ten days. Yearly access: around \$90 USD.

Also available in French. [www.my-change.ch](http://www.my-change.ch)

Voilà...I hope that this 'energ-eyes' post offered practical resources when you need to sit for long hours in front a screen.

Wishing you a clear vision and a great start to the week  
Giulia

If you wish to receive these posts -the frequency is 5-7 weeks - you are welcomed to join the closed LinkedIn group on Energy Management.  
<https://www.linkedin.com/groups?gid=7472737>