

# Five tips to take care of your eyes at work



# Our top tips for caring for your eyes in the office



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**Are you feeling strained after a long day of work? Do your eyes feel tired and dry all the time? It may be time to take care of your vision at work.**

Eye strain happens when your eyes become overworked from extended periods in front of digital screens due to long hours spent working from home or screen-related tasks.

Our eyes are one of our most valuable assets, especially when it comes to our work life. With an increasing number of employees spending long hours in front of computer screens, it's crucial to prioritise eye health and take steps to prevent eye strain and other issues.

Luckily, there are simple steps you can take today to maintain healthy vision in the workplace, whether you have access to health cash plan benefits through your employer or not. Keep reading for some easy-to-follow tips on how to protect yourself from eye fatigue and other issues related to computer use.

## 1 Take Regular Breaks from Your Computer Screen

Spending extended periods staring at a computer screen can lead to eye strain and fatigue.

To give your eyes a much-needed break:

- Aim to take a five-minute break every hour
- Look away from the screen and focus on a distant object to relax your eye muscles
- Blink frequently to keep your eyes moist and refreshed

## 2 Adjust the Brightness of Your Monitor

A monitor that is too bright or too dim can cause eye strain, so it's essential to find the right balance. To adjust your monitor's brightness:

- Ensure the brightness is not too high, as this can cause glare and strain the eyes
- Avoid setting the brightness too low, as this can make it difficult to read text and lead to squinting
- Experiment with different brightness levels to find the most comfortable setting for your eyes

### 3 Give Yourself Regular Eye Tests

Regular eye tests are essential for maintaining good eye health and detecting any potential issues early on. To ensure your vision is in good shape:

- Schedule routine eye exams with an optometrist
- Discuss any concerns or changes in your vision with your eye care professional
- Keep your eyeglass or contact lens prescription up to date

### 4 Drink Plenty of Water

Staying hydrated is not only essential for overall health but also plays a vital role in keeping your eyes comfortable and healthy. To keep your eyes hydrated:

- Aim to drink at least 2 litres of water per day
- Avoid excessive caffeine and alcohol consumption, as these can contribute to eye dryness
- Consider using artificial tears or lubricating eye drops if you experience persistent dryness

### 5 Manage Your Stress Levels

When you're feeling stressed, your body's natural response can lead to various physical and mental health issues, including potential problems with your eyes:

- Stress can affect the eyes because of the hormones released - causing blurred vision, eye twitching and dry eyes
- Chronic stress has been linked to an increased risk of developing glaucoma and other eye diseases

To maintain good eye health, it's essential to manage stress effectively. Incorporate relaxation techniques such as deep breathing exercises, meditation, yoga, or regular physical activity into your routine. Get enough sleep, and eating a healthy diet can also help reduce stress.

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**A health cash plan is an excellent resource for supporting your eye health at work. By taking advantage of the benefits provided by your plan, you can:**

- Get money back for routine eye exams, glasses, and contact lenses
- Get money back for the costs of new glasses, and contact lenses

Everyone's eyes are different, so make sure to consult with an optometrist if you have any questions or concerns about your vision health. Taking fewer breaks can be detrimental in the long-term, so make sure to take the time out of your day to give your eyes a good rest.

It's essential to prioritise eye health while at work to prevent eye strain, fatigue, and long-term issues. Remember, taking care of your eyes at work is not only essential for your comfort and productivity but also contributes to your overall wellbeing.

# Make the most of your *my*wellness benefits

Don't miss out on the range of wellbeing services included in your health cash plan - access them easily online to support your health.

**Discover your benefits**

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