HEALTH WEALTH

ISSUE 40 – HEALTHY EYES

PLHEALTH
corporate health management

Our eyes are the *'window to our soul'* – they portray our emotions, allow us to connect with others and enable us to see the beauty in all things. We depend on our eyes so much for our everyday tasks but the question is how well do we really look after our eyes?

Lifestyle factors such as UV exposure, alcohol consumption, smoking, poor diet, time sitting in front of computer and television screens and aging all impact on the health of our eyes. However, there are steps you can take to protect the health of your eyes.

Wear sunglasses - UV rays will damage your eyes but wearing good sunglasses can prevent this damage. Ensure when purchasing sunglasses they will block at least 98% radiation and always remember to also wear your sunglasses on cloudy days!

Make sure you have the correct light - both poor light and too much light can damage your eyes. Decreasing the brightness of your computer screen along with a soft desk light coming from the side is recommended when prolonged time is spent in front of a computer screen.

Television - if television is your relaxation style it is important you don't sit too close. There should be a distance of between two and three metres between you and the television screen.

Eye exercises – as with the rest of your body the muscles in your eyes need a regular workout too! To exercise your eyes, try doing some exaggerated anti-clockwise circles and squares just with your eye balls and then change the direction and go clockwise. These types of exercises can help to reduce eye strain.

Eye yoga - have a go at some eye yoga called 'palming'. Eye 'palming' will relax the optic nerve and muscles of the eye and relax the nervous system. Begin by closing your eyes, then gently cover eyes with cupped hands without pressing on your eyes – (the heal of your hand rests on the check bone), now breathe deeply and slowly for four or five minutes to rest your eyes, rest your mind and rest your body.

Visit the optician – if you have issues with your sight get some advice. Unchecked eye problems don't always correct themselves! Wearing the wrong type of contact lenses or glasses can lead to headaches and further decline in your eye sight.

… And most importantly EAT WELL - just like the rest of your body a healthy and nutritious diet high in oily fish and colourful fruit and vegetables to ensure you get your daily quota of anti-oxidant minerals is particularly important for good healthy eyes.

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