

## Working Professional Toolkit

How many hours in a day would you say you spend looking at digital devices? Between working from home more than ever before, video conferences and the influx of emails, your computer and cell phone dependency is probably at an all-time high. And as business strategies modernize to leverage even more technology, it's important to keep your health on the forefront now and in the future — especially your eye health.

### Working From Home Tips

Whether you're working from the kitchen table or from your office, use these six tips to maintain good eye health:

1

#### Take 20

This one is easy, but you have to remember to do it. We suggest jotting this down on a sticky note and sticking it on the side of your computer screen.

Every 20 minutes look at something 20 feet away (~6 meters) for at least 20 seconds and then blink 20 times.



2

#### Palming

Gently cup your palms over your closed eyes; avoid putting any pressure on your eyes. The palms of your hands are slightly cupped over each eye (left over left and right over right).

Do this for about 30 seconds.

Source: <https://www.webmd.com/eye-health/eye-exercises#1>

3

#### Slow Blink

- Look straight ahead of you at a blank wall.
- Slowly close your eyes.
- Keep your eyes closed for half a second.
- Then slowly open your eyes.
- Repeat this 20 times.

# Working Professional Toolkit (continued)

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## Desktop or Laptop, Your Screen Might Need Adjustments

- **Screen Distance:** Position your computer screen so it's 20 to 24 inches from your eyes. The center of your screen should be slightly below eye level for comfortable positioning of your head and neck.
- **Screen Lighting:** Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation.
- **Text Size and Screen Contrast:** Set at your own comfort, especially when your job requires you to rely on a screen constantly throughout the day. Hint\* Black print on a white background is usually the best combination for comfort.

Source: <https://www.allaboutvision.com/cvs/irritated.htm>

5

## Healthy Eating

A well-balanced diet is key to good eye health. Whether you're snacking between meetings, writing a shopping list, or deciding what to make for dinner it's important to include nutrients like omega-3 fatty acids, lutein, zinc and vitamins C and E that might help ward off age-related vision problems. Incorporate foods like the below into your daily diet:

- **Green Leafy Vegetables:** Spinach, Kale
- **Oily Fish:** Salmon, Tuna
- **Nonmeat Protein:** Eggs, Beans
- **Citrus Fruits or Juices:** Oranges
- **Oysters and Pork**

Source: <https://www.webmd.com/eye-health/good-eyesight#1>

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## Get Outside

Put your phone down and get up and move. Walking breaks are a good way to clear your mind and boost your energy. They're also great for your physical health, not to mention it will give your eyes a break from the screen.

**Prioritize**  
your eyes

Remember, eye health can be a window to your overall health. One of the most important things you can do for your eye health is to see your eye doctor every year for an annual eye exam. Remember to communicate with your eye doctor about any concerns you may have with your vision. With more dependency on digital devices and screens, you may notice that your prescription needs adjustments, or that your eyes are more dry than usual - your doctor can help. And in between, there's plenty you can do at home, as outlined above.

**Johnson & Johnson Vision** is also here to help, with tips, products, and services to ensure that your eyes are well taken care of.

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