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# RESILIENCE BEGINS AT HOME: EYE EXERCISES



There are a lot of benefits to working from home, but it's all too easy to become caught up in something while minutes turn into hours as you stare at your computer screen. In case your eyes are feeling the strain from all the screen-time, try these exercises to keep them fresh.

## EYE ROLLS

The eye roll is great for alleviating eye strain. And as a bonus, if you do it often, it acts as a workout for your eye muscles.

But, rolling your eyes at a corny joke is not enough! To do this eye exercise, sit up straight. Make sure to look forward with your shoulders relaxed.

Look to your right and then roll your eyes up toward the sky. Next, roll your eyes down to the left and then to the ground.

Repeat again going in the other direction. This is one rep. Aim for 10 reps, twice a day.

Take your time with this exercise. There is no need to rush the eye rolls. In fact, it should take you over a minute to complete your 10 reps.

Ideally, you should not be looking at a screen while you do this exercise. Swivel your chair around to face the wall if you need to.



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### **SLOW BLINK**

One of the adverse side effects of looking at screens all day is that we don't blink very often. Blinking is important as it helps to keep our eyes properly lubricated.

This exercise supports the health of your eyes. It's also a wonderful way to refresh tired, itchy dry eyes.

Look straight ahead of you at a blank wall. Next, slowly close your eyes. Keep your eyes closed for half a second. Then slowly open them again.

Repeat this slow blink 20 times in a row. You will feel your eyes getting refreshed with each blink. Your eyes will also feel more lubricated right away.

### **ZOOMING**

Another great eye exercise for healthy eyes is called zooming (appropriate name for 2020 don't you think?). This is great for those of us who look at a computer screen all day.

Sit on a chair in your best posture. Hold your arm straight out in front of you with your thumb up.

Keep your eyes on your thumb. Slowly bend your elbow to bring your thumb closer to your eyes.

Don't forget that it's also important to exercise your business continuity plans. Crisis management training is a great way for you, your colleagues and representatives across the wider business to work through scenarios that will develop their awareness, preparedness and skills. As a pivotal member of staff in a business continuity scenario, it's important that you are put through your paces and kept on your toes too! Calling up Daisy to run your training gives you independent evidence for your auditors and board members.

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