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## Simple eye cures from device fatigue

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Part of the new normal is going digital. We spend hours on end studying or working from our laptops. We deal with stores and banks through our mobile phones. We take breaks through social media and streaming sites.



Increased gadget use is understandable given the risks of visiting public spaces and, for some of us, the lack of choice. But, while there seems no escaping our devices amid the pandemic, screen time is also among the eyes' primary stressors. The more they are fixed on our screens, the more we strain them. The fatigue can lead to unpleasant discomforts. Here are home remedies that may soothe them.

### Teabags

Eyebags come naturally as we age but sometimes, unnatural factors like overexertion, lack of sleep and stress trigger them. Soothe your eyes with a pair of green tea bags. Steep for a few minutes, refrigerate for 20, then leave on your eyes for up to 30. Caffeinated tea bags contain antioxidants that can increase blood flow to the eyes and address the swelling.

### Warm compress

Stress-induced dry eyes cause pain and predispose us to infections. Buy yourself eye drops if you can, and consciously increase water intake. You may also get a clean cloth, soak it in warm water, wring it out, then place it over your eyes for a few minutes, gently pressing in the process. The heat can activate the glands to produce oils and tears, as well as relieve pain and relax muscles.

### Humidifier

If you plan to visit an online shop, consider adding a humidifier to your cart. You can help your eyes by improving the air quality around you. A humidifier can increase moisture in the air and prevent your eyes from drying up. Other than humidity, wind and smoke can contribute to dry eyes so also avoid pointing an electric fan on your face or exposing yourself to smoke.

### Healthy oils

Improving your diet, specifically increasing omega-3 fatty acids, can boost your eye health. Omega-3 decreases the chances of inflammation and allows the glands around the eyes to better produce oils. Salmon, tuna, sardines and mackerel are rich in this. So are flaxseed, chia seeds, walnuts and vegetable oils. You may also buy supplements.

### MACE App

Your peepers are delicate organs that deserve your attention. Take breaks when you observe unusual pain, redness or blurring. When certain remedies fail to soothe your eyes or worsen the situation, immediately contact a medical professional. Easily enlist their help from your phone through Medicard Philippines' MACE App. Download it for free on Apple App Store or Google Play Store.