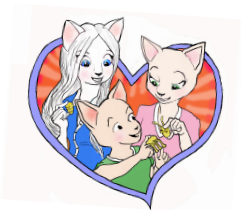


## Helpful Zoom & Computer Tips:

- Set up Night Shift mode on all devices to start and stop automatically.
- Use the 20-20-20 Rule: Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
- Adjust your surroundings so the light in the room is brighter than the device.
- Cut glare by using a matte screen filter.
- Get outside and have fun! It's important to stretch your entire body including wrists, shoulders, spine, hips, neck, and eyes in a variety of directions. (If I can do this every couple of hours I found it makes a huge difference. 😊)



---

*Building Connections for Those Wired Differently*

---

**MärRem LMFT**

[MarRemLMFT.com](http://MarRemLMFT.com)

510.835.4357