

Optometrist to Optimist

We both look on the bright side - even though I do a lot of my testing in the 'dark'. I check how well you use light to create images... not enough and there can be problems ...too much and problems.

STRESS! STRESS! STRESS! STRESS! **STRESS!**

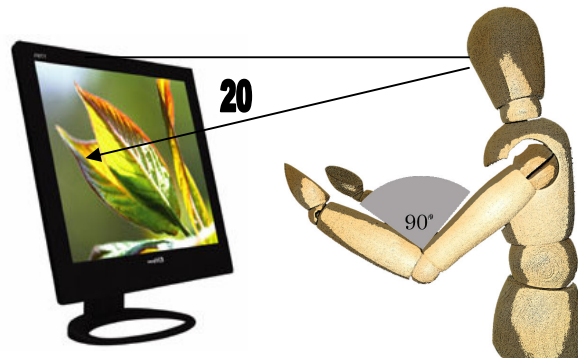
It's all about reducing stress in our life. Visual stress exists. We can strain to see causing

- headache,
- blurry vision,
- sore eyes,
- dry eyes,
- needing to rub the eyes ... all this from stress on our visual system.

While a comprehensive eye examination from a qualified professional is required to find out how efficient your visual system actually is – the following hints may be useful to you.

The correct working distance for optimum performance is shown here:

- When holding a book the arms should form a right-angled bend. The relationship between eye focus and convergence to a near object is maximized at this distance.
- The computer should be positioned so it is about 20 degrees below straight-ahead eye level.



If you are starting to move the book too far away it is a sign of needing reading help. If this happens there will be too much stress and reduced comprehension. Productivity decreases – the cost in time and effort to business increases.

So the 'bottom line' in business could well be linked to the 'bottom line' on my letter chart.

Light is colour. It is the blend of colour in our life that shapes how we feel, act, respond to others or how they interact with us.

- Blue - the colour of communication... patience, security
- Red – associated with the heart and demands attention... dynamic
- Yellow – the colour of the mind & intellect... confident, inspirational

Check out this website and test yourself for fun or perhaps that winning edge in your business life... <http://homepage.ntlworld.com/alienor/colours.htm>

Check out my 'websight' for more hints and tips...

IAN ROBERTSON OPTOMETRIST www.eyesbunbury.com.au