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The End of Computer Stress

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We complete our series on maintaining health at the computer with additional simple exercises which can be done while seated, or standing.

Let us not forget the feet. While seated, simply wiggle the toes, flexing them strongly with a rapid release of tension. Repeating this several times will increase circulation. One can also rotate the ankles and flex and extend the feet at the ankles to assure proper circulation in the entire foot. Once or twice during the day it may be helpful to contract the calf muscles and again release them to a relaxed and restful position.

Here is an excellent back asanathat must be done standing up (when you make a trip to the drinking fountain or wash room, for instance). Stand erect, with the feet together. Raise the arms straight above the head, stretching up as high as possible with the arms alongside the ears. Then, while exhaling slowly, bend over in a forward manner so that the arms stay by the ears. Get to a position with the hands near or

touching the floor. When your torso is inverted, relax into the posture and take several deep breaths, letting the inverted body relax completely. Relaxing into the posture is the key. Follow this by bending the knees slightly and taking a deep breath. On the exhalation, start coming back up to a standing position. Visualize one vertebrae after another returning to its former position. Only move upward on the exhalation of a deep breath. One may breathe normally upon returning to the upright position. The arms are to hang totally relaxed, as is the head, until the spine is again erect and the arms are returned to the side and the entire body is relaxed upon the spine.

To finish off the spinal massage, again raise the arms, the hands clasped, and bend to the left and to the right. Do this slowly and with deliberation on the exhalation of the breath. This forms a curved position, similar to a set of parentheses, first the) and then the (. This, too, can be repeated several times.

One who works before the monitor screen for long periods may consider the following nutritional supports: Bilberry, an herb that is excellent for visual acuity; Vitamin A in the form of beta carotene, which helps in producing the necessary chemicals for vision; Vitamin C; l-glutathione; zinc and selenium. These antioxidants are excellent for the eyes. These and other preparations are available in most health food stores especially made for supplementing the nutrition of the eyes. The use of these supplements will often prevent cataracts and other eye conditions.

The frequent practice of "palming" will also soothe the eyes.

This is a simple procedure wherein the palms of the hands are rubbed together rapidly until a warmth is felt. Then the palms are placed over the eyes lightly for a few moments. Place no pressure upon the eyes. Also, placing a cool cloth over the eyes, or pads soaked in Witchhazel, can be very soothing to tired eyes.

If one performs these simple exercises and follows the few rules given in the last column and also considers the additional nutritional support, computer stress syndrome will become rare and easily handled. Headaches and eye strain may soon become symptoms of the past.

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