

## 👁️ Wellness Tip of the Month: Eye Exercises for Better Vision!

Most of us don't realize how much our eyes work daily! 📖📱💻 From reading to screen time, our eyes can become overworked, leading to **strain and fatigue**. Try these simple eye exercises to refresh and strengthen your vision!

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### 👁️ Intentional Blinking Exercise

- ✓ Blink **5–10 times rapidly** to lubricate your eyes.
- ✓ Hold your eyes closed for **2–3 seconds**, then open.
- ✓ Repeat **often** when using screens.

💡 **Tip:** This helps **reduce dry eye symptoms** and improves eye hydration!

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### 🌀 Eye Movement Exercises (5–10 mins daily)

Try these movements to strengthen your eye muscles & relieve tension:

🌀 **Side-to-Side Movement** 

⬆️ **Up and Down Movement** 

🔄 **Circular Eye Rotation** 

∞ **Figure 8 Movement** 

🧘 Pair with deep breathing for a relaxing effect!

👉 Try it now & give your eyes some love! ❤️