

# Rest Your Eyes

## **Set an Alarm**

If you lose track of time easily, set an alarm to take digital breaks.

## **Find a Focal Point**

Locate an object that is roughly 20 feet away and use it as your focal point.

## **Use a Jingle**

Sing Happy Birthday in your head, which takes roughly 20 seconds to recite.

Your Wellbeing Activity

## **20-20-20 Challenge**

Every 20 minutes look 20 feet away for 20 seconds and allow your eyes to refocus.



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