

# Beat the Zoom Blues and Screen Fatigue



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@kundaliniyogatherapy\_



# What is Screen Fatigue?

When your Brain, Central Nervous System, and Endocrine System become dysregulated from over exposure to device screens



# What Are the Signs of Screen Fatigue?



Disrupted Sleep difficulty falling asleep, staying asleep, wake up tired

Brain Fog: difficulty focusing, concentrating, remembering

Out of Rhythm

Eye Strain

Chronic Stress

Back, Neck, Shoulder pain

Irritable, Cranky Depressed

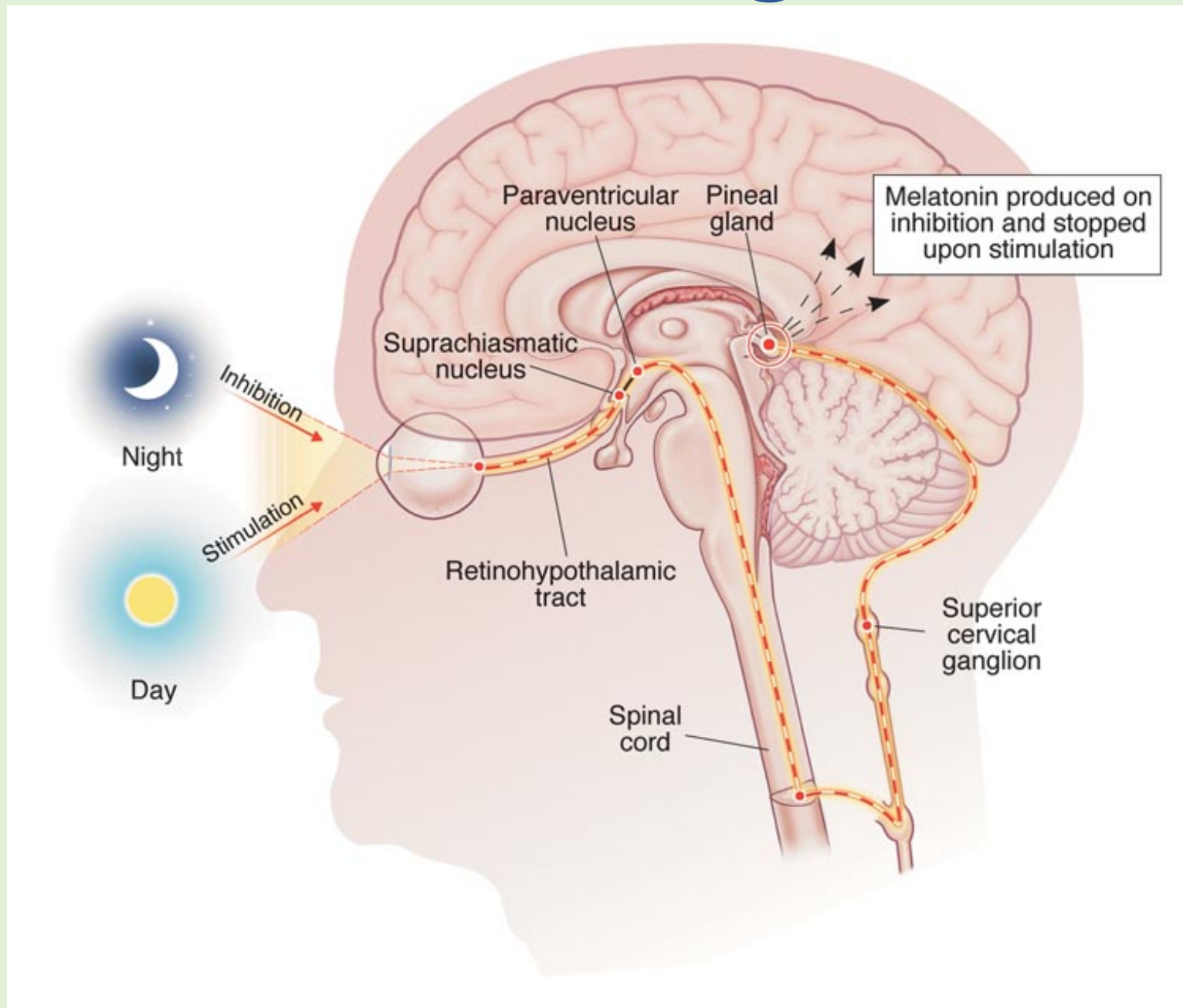
Anxious when not w device

Uncomfortable in Body



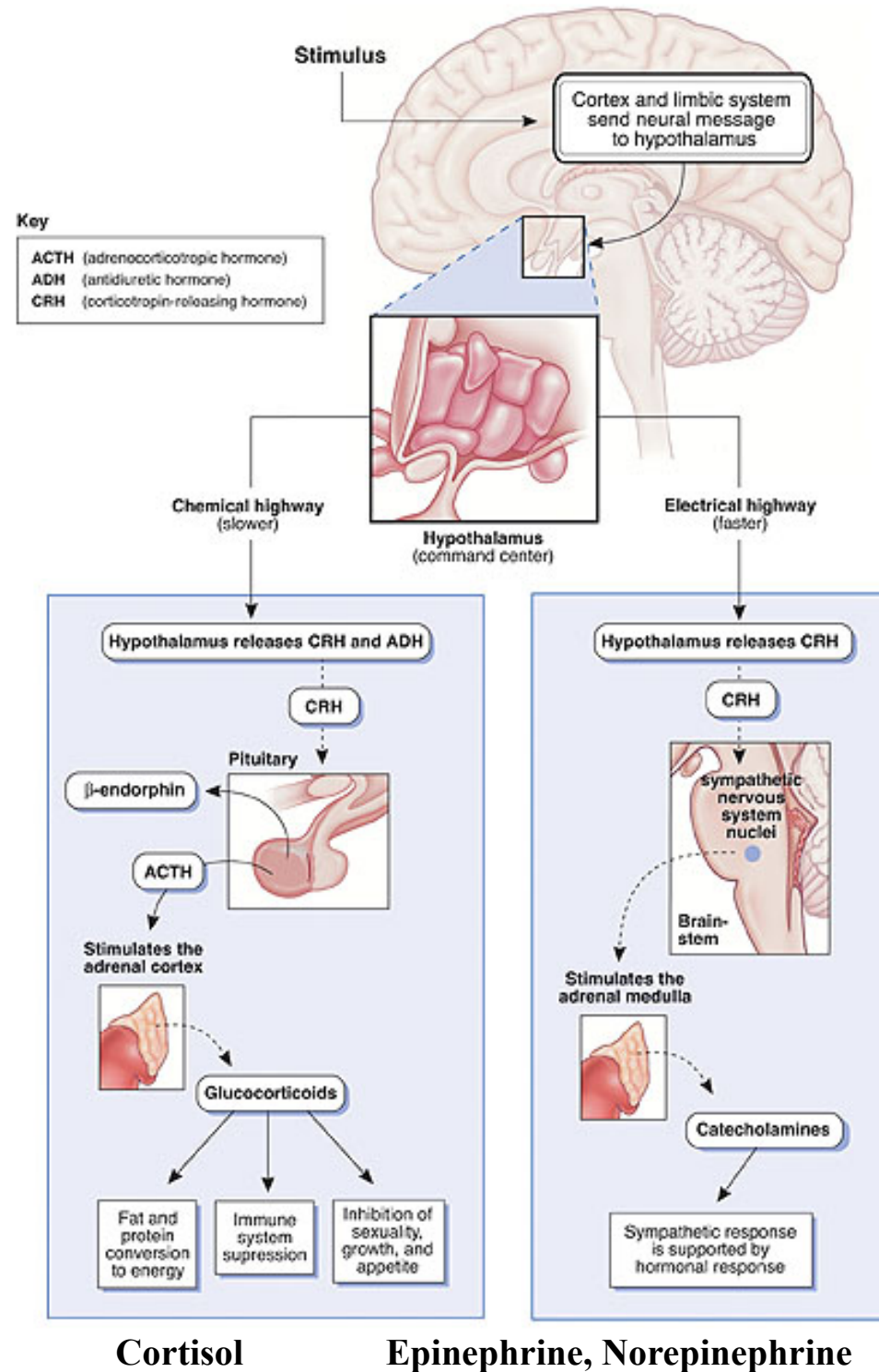
The Screen Fatigue  
Brain Fog Connection  
Blue Light and  
Merged Magnetic Fields

# Pineal Organ



# The Stress Response

## Hypothalamic-Pituitary-Adrenal Axis (HPA)



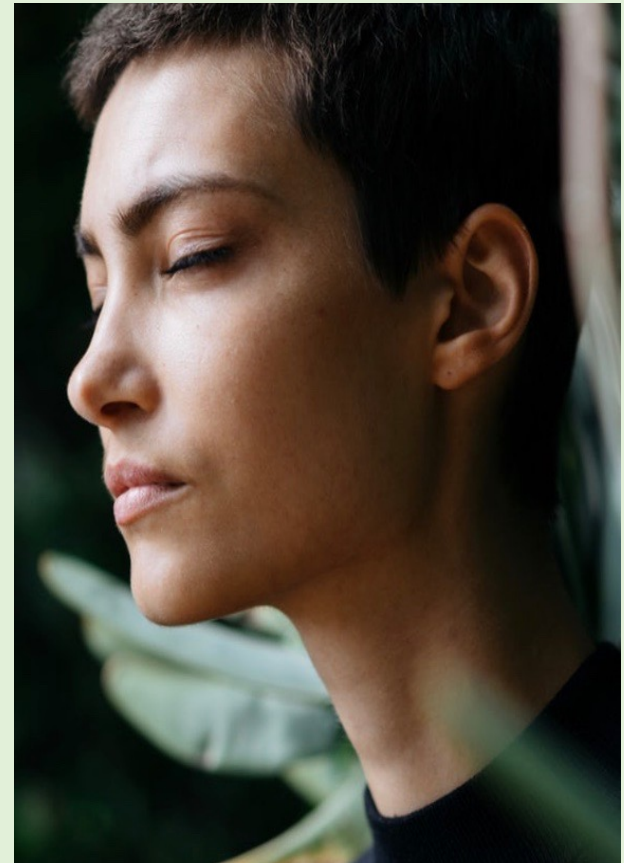
From: *The Scientific Basis of Integrative Medicine*, Wisneski and Anderson, 2009

# Computer Vision Syndrome

Blurring  
Dry Eyes  
Headaches

## **20-20-20 Rule**

Take a 20-second break  
to look at something  
20 feet away  
Every 20 minutes



# Avoid the Blue Light!

Make all Device Settings Night Shift

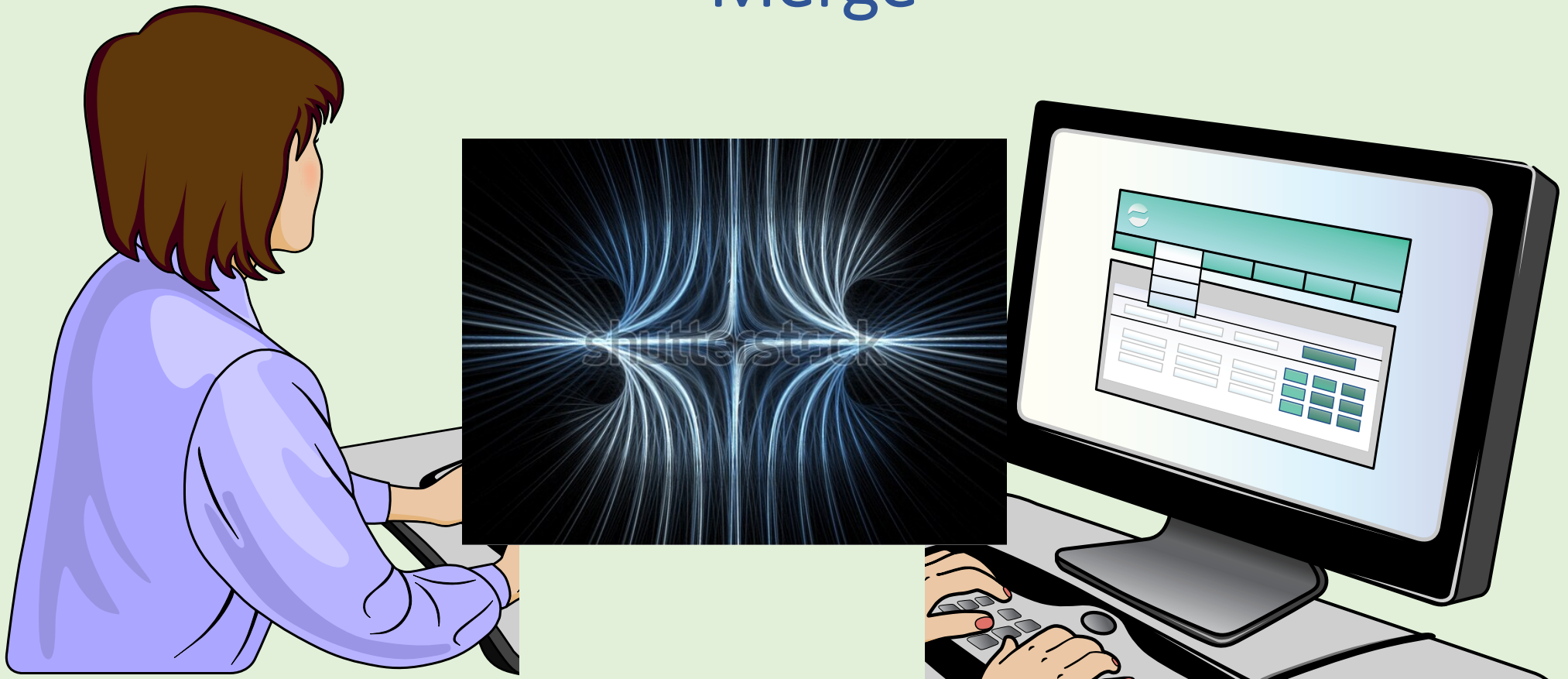
Turn off all devices 1-3 hours before going to bed

Give your devices a place of their own: not where you sleep

Turn off devices during the day; give your pineal a rest



# Your magnetic field and the magnetic field of the computer Merge





How Do We  
Overcome  
Screen Fatigue?

# Take Screen Breaks

Every 40 minutes

20 minute walk barefoot in grass  
Cold Water on hands, face &  
neck

Stretch and Move

Talk in person

Eat a Kiwi

Drink Pomegranate Juice



# Daily

Recharge your central nervous system with Kundalini Yoga

At end of day, Sit nine feet away from your computer and eat a combination of fresh fruits including pear, apple, pineapple, orange, and kiwi with black salt. Eat slowly.

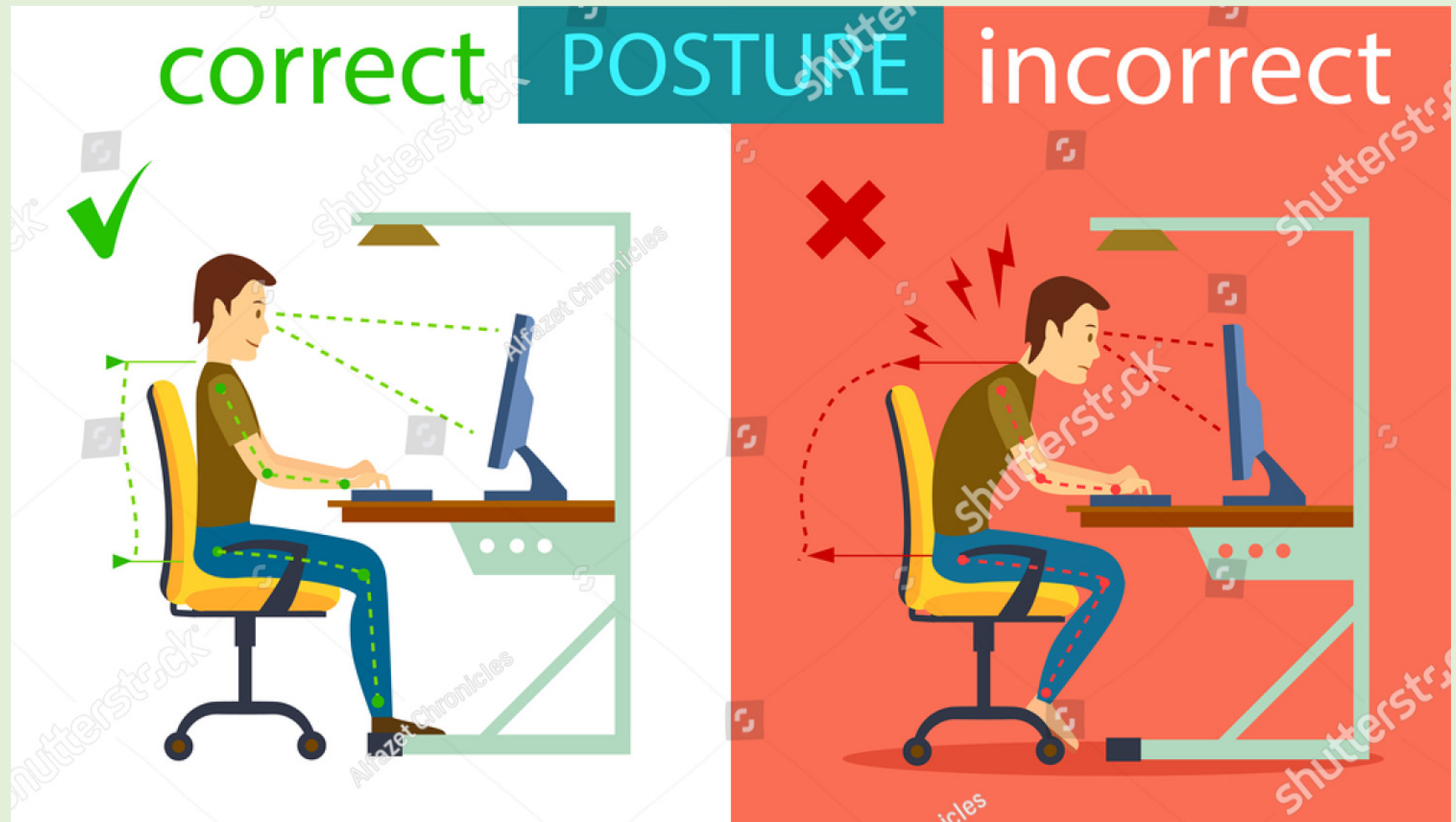
Be off all devices an entire day, morning, afternoon or Evening

Spend time in Nature



# Watch Your Back

## Keep Your Spine Aligned



# Stretch Specific Areas

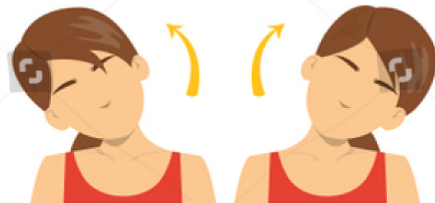
## Wrist Flexor and Extensor Stretches



# Stretch Specific Areas

## STRETCH FOR NECK AND SHOULDER

1 SIDE BEND



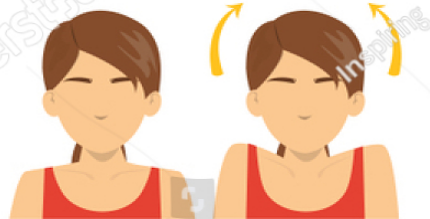
2 WING SPAN



3 NECK ROTATION



4 SHOULDER SHRUG



5 BACK AND FORWARD BEND



6 NECK ROTATION



7 CAT-COW STRETCH



# Move Your Whole Body!



Kriya to Awaken to Your  
10 Bodies

Kriya for Circulation &  
Structural System

Bhangara



# The Complete Solution to Screen Fatigue?

Connect our Inner Experience of Self

With our

Identity

Magnetic Field

10 Bodies



