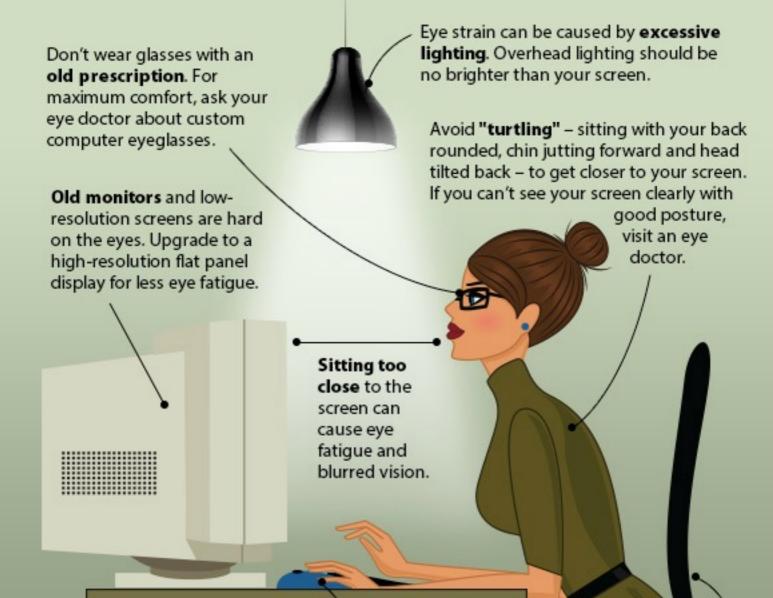


things you're doing at your desk that will give you



Having your **mouse too far away** will make you lean closer to your screen, increasing focusing strain.

Are you sitting in a **bad chair**? Your back should be supported so you can sit upright and at a comfortable viewing distance from your screen.