# How to cope with
# Eye Floaters

Brought to you by the **VDM Project**

## People say eye floaters are only a problem for those who obsess about them

However, as they're present in your eyes almost every second of the day, it can be a hard challenge to overcome. Knowing that surgery is only an option for people with severe floaters, coping mechanisms are essential for those who have trouble living with them.

**The first year of floaters is always the worst.** Following the first year, floaters can still be bothersome, but mentally you'll be in better condition. Here is a list of tips that can help you cope:

**1** — **Stay active**

**2** — **Stay positive**

**3** — **Exercise**

**4** — **Wear sunglasses**

**5** — **Use dark mode**

**6** — **Reduce screen brightness**

**7** — **Manage your environment**

**8** — **Keep stress levels down**

**9** — **Self care**

## 1. Stay active

Sitting still and doing nothing may cause your mind to overthink your floaters, resulting in anxiety and worry. When you begin to feel this way, get up and do something. Go for a walk or a bike ride, catch up with a friend, put on your favorite movie, TV show, or exercise, etc. Do whatever you enjoy the most.

**This is especially important during the first year of floaters since it's the most difficult period (as they're still new to you).**

Eye floaters themselves can't hurt you, but worrying endlessly about them can affect your mental health and drag you down, resulting in depression and frustration. For highly stressed people, it can increase inflammatory markers and make you more sensitive to mental and physical pain. Keeping busy will help greatly in overcoming your eye floater anxiety.

## 2. Accept them and stay positive

As difficult as it may sound, try to accept that you have them. The more you fight with yourself, the more depressed and angry you'll get. Remember that technology and medicine have advanced so much in the past and will only continue to improve, so a safer solution will come.

**Just be patient. Don't give up hope.**

## 3. Exercise

Try to exercise if you can. Doing more cardio will increase the blood flow to your eyes and brain which will help to improve your circulation, as well as elevating self esteem and allowing you to focus less on your floaters.

People who work out even once a week or for as little as 10 minutes a day are proven to be more cheerful than those who never exercise.

**Any type of exercise can be beneficial mentally and physically.**

## 4. Wear sunglasses

These will really help disguise the floaters so they aren't as obvious, especially on sunny days. To best protect your eyes from the sun's harmful rays, always wear good quality sunglasses when you're outdoors – it's important to only use a pair that blocks 100% of UV light.

**Brown polarized sunglasses are highly recommended.**

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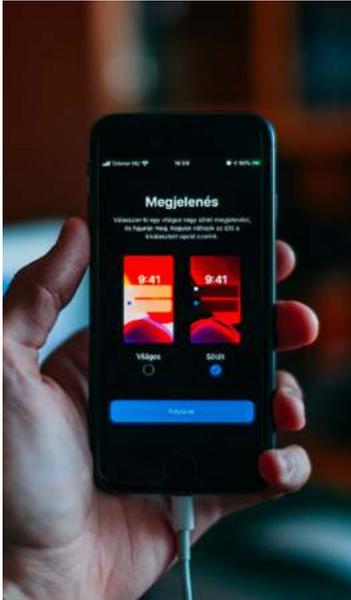
## 5. Use dark mode

On devices that allow it, change your screen to dark mode – the benefits of this are not to be underestimated. Having a darker screen will make the floaters much harder to notice. This will also help you remain focused on what you're doing while reducing a lot of frustration. Additionally, dark mode can help to prevent floaters interfering with your work, chatting with friends, watching videos and other activities on your PC, phone and laptop.

**Dark mode also helps with eye strain. Generally, eyes get tired quickly with bright white backgrounds. A darker screen is much easier on the eyes.**

**Dark mode tips:**
Windows and iOS both have settings that invert screen colors:
- How to invert colors on **Windows 10**
- How to invert colors on **iOS**

## 6. Reduce screen brightness

Reduce the brightness of your electronic devices if you cannot use dark mode. Reducing brightness also helps in stopping cortisol from affecting mental activities such as a good sleep pattern. A screen dimmer for evening use decreases the chances of stress due to eye fatigue and headaches.

**This will help you to see your floaters less while using your devices.**

## 7. Manage your environment

### Indoors
Bright office lights and white walls are particularly problematic for eye floater sufferers. If you have a white wall in front of you, put up a poster, picture frame or plants to get more color in your surroundings. Interiors with darker tones and more visual distractions help alleviate symptoms. It's important to communicate to your employer if you're struggling. Nobody will know you're experiencing difficulty unless you tell them.

### Outdoors
It can be harder to control external environments compared to your office or home. Holiday destinations such as beaches, coastal towns and big open spaces will be more stressful for sufferers as floaters are more visible on sunny days. Bright spaces, white skies and minimalist decor can suddenly become major sources of visual anxiety. A good pair of sunglasses have the ability to reduce the amount of light your eyes receive which, in turn, reduces the amount that your pupils constrict – making floaters less visible.

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# 8. Keep stress levels down

### Meditation
Meditation has been practiced by individuals all over the world for thousands of years and can really help reduce your stress levels, allowing you to gain control over your emotions by calming an over-active brain. There are many different types and styles to choose from, found with a quick internet search.

**"Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."– Ajahn Brahm**

### Medication
Some people have reported that anti-anxiety medications have helped immensely. Seek help from your medical provider regarding this.

### Talk to somebody
Find someone to talk to about your eye floaters – a friend, partner etc. Often, just letting somebody know they're bothering you helps to reduce stress.

### Avoid stressful situations
While learning to adapt and live with your floaters, it's important to take care of your own mental health, and not overwhelm yourself in negative situations.

# 9. Self care

### Healthy diet
Try to maintain a healthy diet – cutting out sugars and fatty foods will not only make you feel better but can help make some of the smaller floaters less noticeable (anecdotal). Eat lots of fruits and vegetables high in antioxidants, and avoid foods that are inflammatory.

### Screen time & blue light filter
Use blue light filters on your phone and **Night Eye** Chrome extension on computers. Also reduce screen time. If you're playing video games or doing work on the computer, take a break regularly and focus briefly on an object in the distance.

### Get more sleep & rest your eyes
It's important to get enough sleep and rest your eyes because if you don't, they'll become more sensitive to light. Regularly getting a good night's sleep will help your body to relax and recharge, reducing stress levels and simultaneously calming your reaction to eye floaters.

**The VDM Project aims to unite eye floater sufferers, and change perceptions of this condition amongst the medical community.**

The ultimate goals are to develop significantly improved diagnostic techniques and a safe, non-invasive treatment.

**Join the movement today.**

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