

Self-care is Eye Care

A Lifestyle Guide for Glaucoma Patients



Introduction

Taking care of yourself is taking care of your vision. At Glaucoma Research Foundation (GRF), we know that living with glaucoma is more than just managing eye pressure—it's about nurturing your overall well-being so you can continue doing what you love.

This guide is informed by leading glaucoma specialists, researchers, and patient experiences to help you live well with glaucoma. From nutrition to stress management, these science-backed tips are designed to empower you to contribute positively to your eye health—one self-care habit at a time.



Nourish Your Eyes, Nourish Yourself



What you eat fuels your vision. A diet rich in nutrients can help protect your eyes and overall health.

Eat the Rainbow: Brightly colored fruits and veggies (like carrots, oranges, and spinach) provide antioxidants that support eye health.

Stay Hydrated: Sip water throughout the day to keep your body and eyes refreshed. Avoid chugging large amounts at once, as it can temporarily raise eye pressure.

Healthy Fats for Healthy Vision: Omega-3-rich foods like salmon, walnuts, and flaxseeds support eye function.

Learn more about the role of diet in glaucoma management: [Nutrition and Eye Health](#)



Move with Intention

Exercise can help reduce eye pressure and boost overall well-being. But some movements may need modifications.

Gentle, Consistent Exercise: Walking, swimming, tai chi, and stretching can help lower intraocular pressure (IOP) and keep you feeling energized.

Be Mindful of Positions: Some yoga poses (like headstands) or heavy lifting can increase eye pressure—modify movements to keep your eyes safe.

Take Screen Breaks: Follow the 20-20-20 rule—every 20 minutes, look at something 20 feet away for 20 seconds to reduce strain.

See how staying active helped Jerrold keep doing what he loves despite glaucoma: [Jerrold's Story](#)



Stress Less, See More Clearly

Stress can impact eye pressure, so prioritizing mental well-being is key.

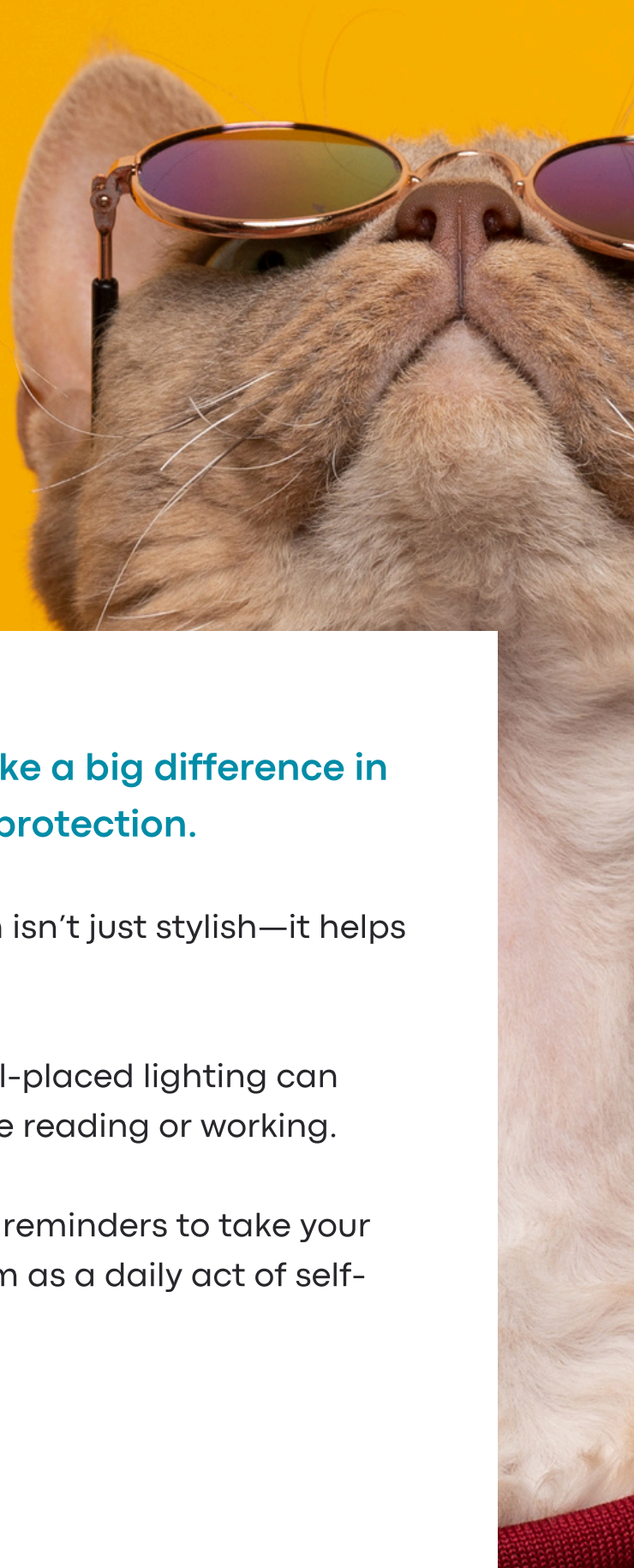
Meditation & Deep Breathing: Even five minutes of relaxation can help reduce stress, which may affect eye pressure.

Restorative Sleep: Good sleep supports your body's natural healing—make your bedroom a relaxing, screen-free zone.

Find Support: Connecting with others who understand glaucoma can ease worries and empower you in your journey.

Learn how stress impacts glaucoma and what you can do about it: [Glaucoma and Stress](#)

Protect & Pamper Your Eyes



Simple adjustments can make a big difference in eye comfort and long-term protection.

Wear Sunglasses: UV protection isn't just stylish—it helps prevent further eye damage.

Adjust Your Lighting: Softer, well-placed lighting can prevent unnecessary strain while reading or working.

Stay on Top of Medications: Set reminders to take your eye drops on time—think of them as a daily act of self-care.

Read about Bianca's experience managing glaucoma and not letting it define her: [Bianca's Story](#)



Avoid What Doesn't Serve You

Some habits can negatively impact your eye health—be mindful of what you can change.

Quit Smoking: If you smoke, quitting is one of the best gifts you can give your eyes (and your whole body).

Limit Caffeine & Alcohol: Too much can affect eye pressure—find balance and listen to your body.

Manage Blood Pressure & Diabetes: Both can impact your vision, so regular checkups are key.

Learn how lifestyle changes can help slow glaucoma progression: [Lifestyle and Glaucoma](#)

Conclusion

Living with glaucoma requires a proactive approach to eye health, but with the right lifestyle choices, you can help protect your vision and maintain a high quality of life. By staying consistent with your medications, attending regular eye exams, and adopting a healthy diet and exercise routine, you are taking crucial steps in managing your condition.

Beyond medical care, incorporating stress management techniques, ensuring good lighting in your environment, and seeking support from family, friends, and patient communities can make a significant difference in your journey. Remember, you are not alone—resources, support groups, and advancements in glaucoma research continue to provide hope for those affected by this condition.

We encourage you to stay informed, advocate for your eye health, and inspire others to do the same. Every step you take today helps pave the way for a brighter future.

For more resources, updates on glaucoma research, and ways to connect with the community, visit Glaucoma Research Foundation's website at www.glaucoma.org.

Take charge of your eye health—your vision matters!