

VISUAL STRESS symptoms checklist

Finding it hard to read

- Losing your place when reading
- Poor concentration
- Getting tired when reading
- Difficulty learning to read or write
- Slow reading speed

Print looks unusual

- Text moves, vibrates or is blurry
- Words fade or disappear
- Patterns or colours appear in text
- Spots of light appear on the page
- Glare – text or patterns seem bright

Visual discomfort

- Rubbing eyes lots
- Blinking lots
- Eye strain
- Headaches
- Nausea