

# Customization of site style

**Post by “Matt” of February 23, 2019 at 12:33 PM**

Unfortunately I work in an office with no windows. Upwards of 12 hours a day. Of course during the winter months it's intolerable...dark in the morning when I wake up and dark when I get out. Add the New England snow into the mix and it's a surefire way to get SAD.

But spring is hopefully around the corner!

Eye strain due to iPhone screens and computer screens is a sure thing these days. I try, during my down time at work, to not just blankly stare at the front page of the news or social media anymore. I'll often just look away for a bit and try to refresh my eyes.