

EYES & MENTAL HEALTH



One in two of us say the quality of our vision
has affected our emotional wellbeing.

For more information visit
visionmatters.org.uk



**NATIONAL EYE
HEALTH WEEK**
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023
YOUR VISION MATTERS

YOUR VISION & MENTAL HEALTH

Our eye health can have a significant impact on our emotions and mental wellbeing.

Research conducted by the charity Eye Health UK, in association with Thomas Pocklington Trust, reveals how 55 per cent of us say our vision has affected our emotional state.

Common feelings triggered by our visual capacity include frustration, anxiety, and stress.

In fact, one in seven of us say the quality of our vision has left us feeling anxious. This number rises to one in five for people aged 18 to 24 years.

Women were also more likely to suffer feelings of anxiety relating to their eye health than men.

The research also highlighted that those living with some form of sight loss are most vulnerable to suffering poor mental health, with more than three-quarters (76 per cent) reporting their mental

wellbeing has been affected by their vision impairment and one in three experienced vision-induced anxiety.

People with low vision commonly use words such as fatigued, depressed, distracted, excluded, and lonely to describe their emotions.

All these symptoms can take a real toll on daily life. So it's important to act if you feel low or your vision is affecting your general wellbeing.

Talking to someone about how you feel is an important first step, as is having regular eye tests – once every two years unless advised otherwise by your optometrist – to keep your vision as healthy as can be.

The Mental Health Foundation, also has lots of information and advice on dealing with anxiety and caring for your wellbeing.

[mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips](https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips)