

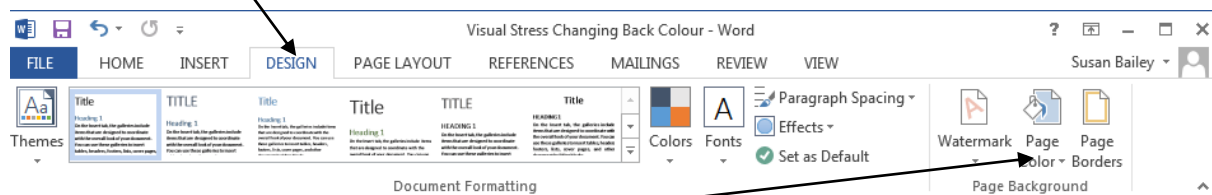
Visual Stress

Changing the Background Colour on Your Computer

If you have been issued with coloured overlays to help with reading, you may find it helpful to set the background colour of your computer when using the computer. Begin by trying the same colour as your overlays, but try other colours as well.

1. Open a new word document.
2. Click on the **'Design'** tab on the toolbar at the top.
3. Click on the **'page colour'** icon at the top right of the design option ribbon
4. Select the colour of the background you would like to try

1/ Click on 'Design'



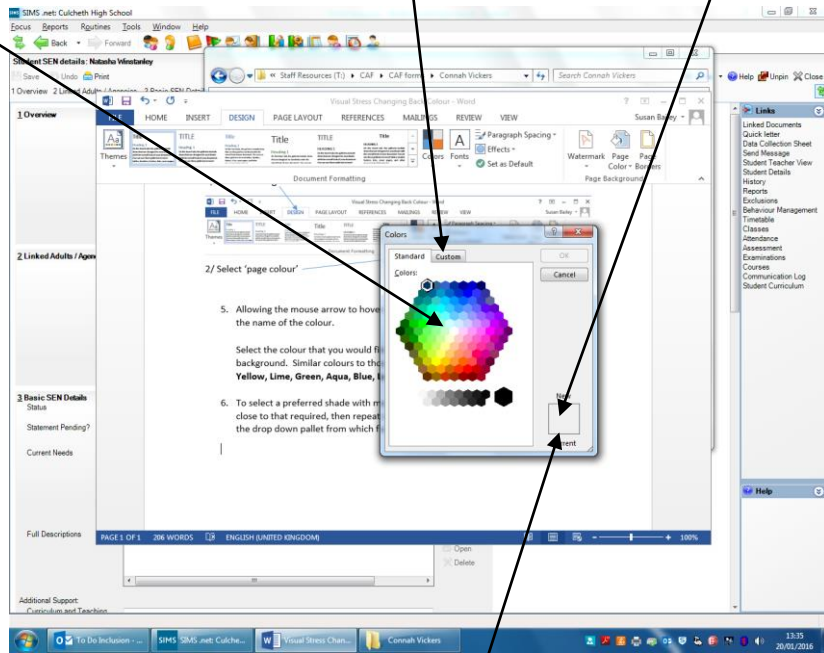
2/ Select 'page colour'

5. Allowing the mouse arrow to hover over any of the colours on the palette, will reveal the name of the colour.

Select the colour that you would find it most comfortable as your reading background. Similar colours to those used in overlays are; **Pink, Rose, Orange, Yellow, Lime, Green, Aqua, Blue, Lavender and Violet.**

- To select a preferred shade with more subtlety: Use the pallet to click on a shade close to that required, then repeat steps 1-3 and click on the **More Colours** option of the drop down pallet from which further selection can be made.

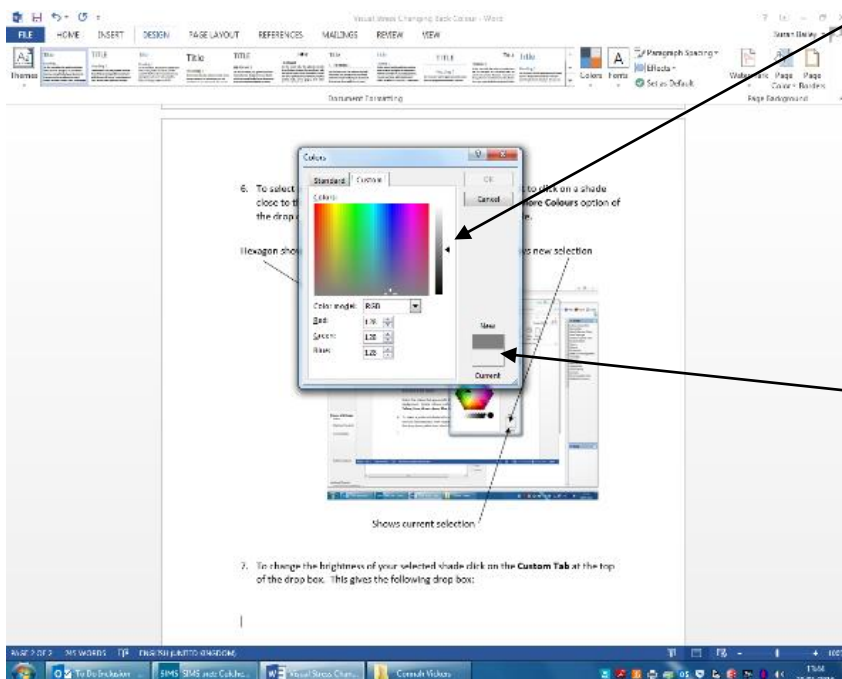
Hexagon shows active shade Custom Tab Shows new selection



Shows current selection

- To change the brightness of your selected shade click on the **Custom Tab** at the top of the drop box. This gives the following drop box:

7/ Click on pointer and drag to change brightness



Brightness is indicated in this box