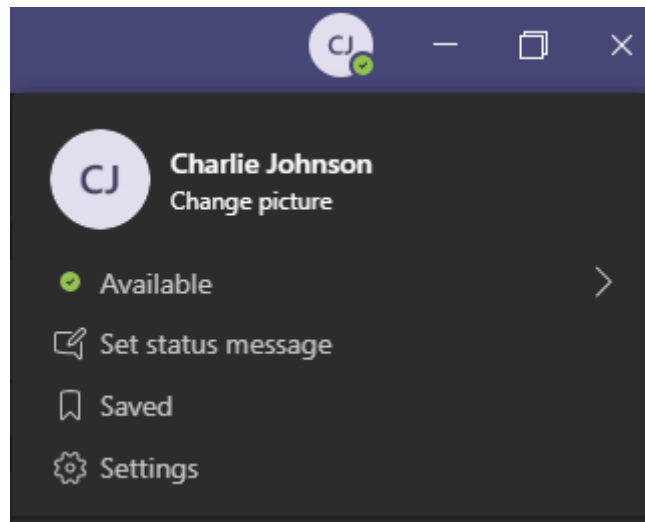


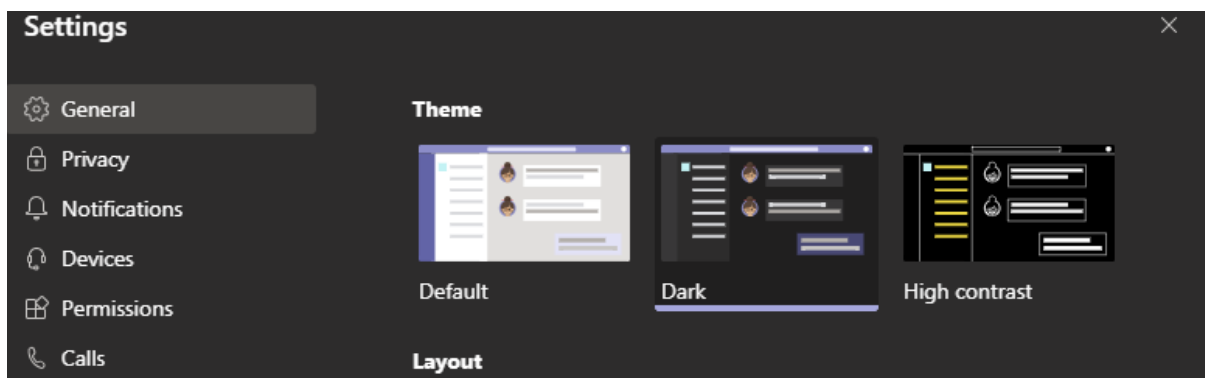
## Changing the Background Settings Guide

On Microsoft Teams the default background is the white. If this is too stark or makes your eyes hurt you can also use the dark mode or high contrast mode.

To change your background, click up on the toolbar where your user picture is so that the drop down menu is displayed:



From here you need to click on 'Settings' which will show you the following menu:



As you can see there are 3 theme options. From there you can see the three options. Click on 'Default' for the light theme, 'Dark' for the dark theme and 'High contrast' for the theme with the most definition between colours. Once you click on the theme it will load, so you will be able to preview what your theme looks like to decide whether or not you want it or not.