

Updating Your Gmail Theme Background Instructions

Follow the instructions below or visit: <https://support.google.com/mail/answer/112508?hl=en>

Gmail Help

Gmail themes

If you're using Gmail on your computer, you can pick a theme to change your Gmail background.

Choose from existing themes

1. On your computer, open [Gmail](#).
2. In the top right, click Settings .
3. Click **Themes**.
4. Click a theme.
5. Near the bottom, make changes to the theme by using the Text Background, Vignette, or Blur buttons.
6. Click **Save**.

Use one of your photos as your background

1. On your computer, open [Gmail](#).
2. In the top right, click Settings .
3. Click **Themes**.
4. In the bottom right, click **My Photos**.
5. Choose a picture, or click **Featured Photos**. If your picture looks blurry, try uploading a larger sized photo.
6. Click **Select**.
7. Near the bottom, make changes to the theme by using the Text Background, Vignette, or Blur buttons.
8. Click **Save**.

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