

ZOOM FATIGUE

Does it feel like you are video conferencing morning, noon, and night? While virtual connection is a necessity these days, using it for both business and socializing may cause you to experience 'Zoom Fatigue'.



Here are 9 tips for preventing 'Zoom Fatigue' during the workday!

1 50-MINUTE MEETINGS

Set as your group's standard meeting length to allow time to regroup between virtual meetings. 50 is Nifty, 50 is Thrifty, 50 is...Gifty? Your call!



2 MOVE YOUR BODY

Walk, stretch, or stand during and in between meetings, when possible. Even gentle movement is effective, no need to zoom about...🤪



3 VIDEO VS. PHONE

Know when to use a video meeting. Balance is key. Sometimes a phone call is less stressful and better suited to the task at hand. And no need to worry about the poppy seed bagel you just ate!



4 SET BOUNDARIES

Your work is important, but so are you. Set regular work hours and place 15-minute blocks of time on your calendar for breaks. Do this as far in advance as necessary, and then *take the breaks!*

5 BE FLEXIBLE & EMPATHIZE

Embrace the unexpected walk-throughs and interruptions. Life happens, so give grace. And sometimes an unplanned interruption is just what the meeting needed!



6 CHANGE YOUR LOCATION

Variety is the spice of life! Try a different location, lighting, moving to another chair, or adding a background image.



7 MEET WITH A PURPOSE

Develop an agenda and include time for a few minutes of social connection. Nurture team dynamics and help folks feel connected to their campus crew!



8 DISPLAY YOUR VIDEO

You wouldn't hide under the conference table during an in-person meeting, would you? Video sharing, when possible, allows for improved connection, communication, and interest!

9 MIX IT UP

The possibilities are endless! Include a Mindful Moment at the start of a meeting, a short humorous video at the end, or use platform-specific tools like polling questions for real time connection.

