

# HOW TO REDUCE Zoom FATIGUE

## What is Zoom Fatigue?

Zoom Fatigue occurs due to constant video calls throughout the day, which makes the individual feel exhausted, anxious, and or distressed.



## Causes of Zoom Fatigue:



Environmental Distractions



Technology Errors



Cognitive Overload



Hyper awareness of Self-image



Physiological Stress



Lack of Connection due to non-verbal communication

## Identifiers: How do you know you have Zoom Fatigue?

- Feeling Exhausted
- Feeling Stressed
- Easily Distracted
- Feeling Overwhelmed
- Feeling Mentally Drained
- Headaches
- Eye strain
- Body aches and pains such as back, hip and shoulder pain
- Lack of motivation or frustration with participating in additional video calls



# TIPS ON COMBATING Zoom FATIGUE

Being constrained to one space and working online through Zoom, we must take into consideration the way in which we are experiencing fatigue and how to best combat it.

## 1 BREAKS

Being on Zoom all day can be mentally and physically draining. It is important to take breaks to reduce stress and maintain energy.

- If possible, take a 10-15 minute break between appointments, however, even taking 1-2 minute breaks away from the computer can be restorative
- Distance yourself from your work (e-mails included)
- Stretch, whether in your chair or standing up
- Go outside or take a walk around your home
- Refill your water and take a restroom break
- Grab a snack

## 2 ERGONOMICS AND PROPER POSTURE

Sitting in front of the computer for long periods of time can cause people to develop unhealthy habits such as improper posture

- Consider purchasing an external mouse and keyboard
- Sit approximately an arm's length away from the computer screen
- The top of your monitor should be at eye level
- Use a chair that has proper back support and armrests (if able)
- See more strategies here:
  - [Ergonomics Handout](#)
  - [Ergonomics Check-up Video](#)

## 3 CAMERA SELF-VIEW

Constantly looking at yourself can add an extra layer of stress and it may be distracting

- Turn off the camera if it is not required
- Turn off the self-view feature on Zoom (while others will still see you, you will not see yourself)
  - Right-click your video to display the menu
  - Select "Hide Self-View"
- Place a webcam cover for reinforcement

## 4 REDUCE EYE STRAIN

- Adjust blue light settings on your computer/laptop
- Reading physical papers may help reduce eye strain
- Activities (20/20/20 vision activity)
  - Look at something 20 feet away, for 20 seconds, every 20 minutes
- Consider whether any Zoom calls could be turned into a phone call instead

### References

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