Combating Zoom Fatigue

"Zoom fatigue" stems from how we process information over video. On a video call it seems that the only way to show we're paying attention is to look at the camera. Having to engage in a "constant gaze" makes us uncomfortable — and tired. Without the visual breaks we need to refocus, our brains grow fatigued. Talk to your faculty about what they expect and discuss alternative ways to show you are engaged.

Here are some tips to help you reduce Zoom fatigue:

<u>Avoid multitasking</u>! The next time you're on a video chat, close any tabs or programs that might distract you, put your phone away, and stay present

<u>Build in breaks!</u> Take mini breaks from video during longer calls by minimizing the window, moving it to behind your open applications, or just looking away from your computer completely for a few seconds now and then. See if you can listen without staring at the screen for a full thirty minutes.

<u>Reduce onscreen stimuli!</u> Change the screen from gallery to speaker view, where just the speaker is shown as opposed to all the participants.

<u>Take notes by hand!</u> Takes notes by hand so that you are regularly glancing away from the screen.

<u>Switch to phone calls or email</u> for any ask the person to switch to a phone call or suggest picking up the conversation later so you can both recharge.

It's impossible to maintain constant eye contact and it's draining to feel you have to be on for the whole meeting, so disconnect briefly when you need to.

- Schedule down time (non-screen time) in between your zoom meetings
- Practice mindfulness with yoga and exercise
- Have compassion for yourself and others
- Be mindful of your overall screen time which drains your reserves. Maybe cut down on it, fewer video games, less Twitter, Facebook 😺

- Use screen reading software or print out readings so that you can reduce any additional screen time.

Excerpted from "How to Combat Zoom fatigue." Harvard Business Review by Liz Fosslien and Mollie West Duffy, and "Zoom fatigue is real" News at Northeastern by Molly Calahan