

Zoom Fatigue

Why?

- work harder to process non-verbal cues
- brain becomes overwhelmed by excess stimuli
- are cognizant of our own communication
- increased self awareness seeing ourselves on camera
- physical discomfort - hours spent in furniture never designed for long-term sitting
- increased screen time – work, social and leisure
- no down time between work and family commitments
- an inability to shed our work identities as we morphed into our social and relational identities
- learning new technologies
- remain in the context of a very anxiety-provoking crisis

Tips:

- visual ergonomics guide to help you maintain your eye health
- find a resting point for your gaze and focus on what is being said
- if there is the option, use the screen to view others' rather than your own self-view
- ergo your posture
- avoid multitasking during meetings - minimize distractions by turning off notifications on your phone and other devices
- build transitions by taking a break away from the screen between meetings:
 - refresh your water or coffee/tea
 - have a nutritious snack
 - stand up, stretch, move around – plank, jumping jacks
 - go outside/open a window and get fresh air
 - take a few deep breaths
- block off time in your calendar, to protect some hours from screen time (work or personal)
- try to designate your 'office' from your 'living area' - boundaries are important in creating buffers which allow us to put one identity aside and then go to another as we move between work and private personas.
 - put up a sign and substitute it eg., 'Allard library' to 'home is where the heart is'
 - change the lighting, playlist, your clothes - when you finish work
- practice self-compassion to validate this is a difficult, different time
- remember your goals and values – why you are on this zoom meeting
- build resilience through self care to have the energy to complete your day/academic work in a productive way

Reference Information:

<http://www.hr.ubc.ca/covid-19/wellbeing-mental-health/>

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<https://www.psychreg.org/zoom-fatigue/>

<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>