

ZOOM FATIGUE

9 TIPS TO HELP

Does it feel like you are videoconferencing 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".

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!



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!*



BE FLEXIBLE AND EMPATHIZE

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



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!



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.



MOVE YOUR BODY

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



VIDEO VS AUDIO

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.

CHANGE YOUR LOCATION

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

DISPLAY YOUR VIDEO

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

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919-416-1727