

COMBATING ZOOM FATIGUE

Challenge

Quick Fix

Too much eye contact



Reduce screen size or minimize pictures- mimic regular conversation through breaks in eye contact.

Watching yourself



Use the "hide self-view" function.

Sitting still all day



Move farther from the camera, stand, or have a walking audio meeting.

High cognitive load



Turn your body away from the screen, have some audio meetings, and take breaks.

LEADING THE MEETING? CONSIDER THE FOLLOWING:

Avoid multi-tasking by reminding participants to close browsers and turn off notifications. Build in breaks.

Reduce onscreen overstimulation by using plain backgrounds and hiding self-view. Ask yourself: "Could this meeting be an email, a phone call or a walking meeting?"

MAYBE MORE THAN JUST ZOOM FATIGUE? WATCH OUT FOR EACH OTHER

Recognising compassion fatigue in yourself is difficult. In "giving" professions we need to check in with each other and be vigilant if we notice the following symptoms adding up:

- Feelings of failure, guilt, self-doubt, sadness, and powerlessness
- Loss of sleep
- Reduced sense of efficacy on the job
- Difficulty concentrating
- Feeling overwhelmed by obligations
- Pessimism, exhaustion, withdrawal

Most at risk are teachers: new to the job, with personal trauma, who work long hours, and/or who interact a lot with others.



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