15 Tips for Combating Zoom Fatigue

1. Hide self-view in your settings. That gives your brain one less weird thing to try to process.

2. Allow 15 minutes between meetings. Then start scheduling meetings for **45 minutes**. Your brain will appreciate the break.

3. During those 15 minutes, **get out of your chair**/off your screen. Seriously. Don't take your phone with you when you walk away.

4. Go outside at least once a day during this 15-minute break. **Breathe**.

5. Make at least one call each day **"video optional"** so you can take a walk, pet the cat, or fold laundry while listening.

6. What can you do **instead of Zoom**? Shared document on the drive? Circulated link for comments? [Brainstorming tool](#)? Simple quick phone call?

7. Use green screen background if you can; this reduces distraction and protects your privacy. Allow **audio-only option** without guilt.

8. Block off **Zoom-free zones** in your calendar (e.g. noon-1:39 daily, or nothing on Friday or Monday after noon)

9. Take some **meetings off your calendar** by sending one person from a group to virtual webinars/webcasts and having them present back findings--maybe in writing rather than another Zoom meeting?

10. Have frequent but shorter—much shorter—**check-ins** with individuals.

11. Make more activities **"opt in"**—virtual cocktail hours should be fun, not another required event.

12. Don't assume that people are all at the same level of comfort with Zoom, and **don't mock** those who aren't up to speed yet.

13. Everything is new, and that's exhausting to our brains. Be conscious of your own exhaustion and **check in** with others about their energy level.

14. The intense and narrow focus on one thing that is CLOSE UP can feel like facing a threat to the brain. **Look away** from the screen every 10 minutes. Set a timer. Stretch your neck while you're looking away.

15. Monitor your exhaustion and give yourself a break and some **self-compassion**. Internet wisdom: We are not working from home. We are at home, during a crisis, trying to get some work done.