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8 Tips & Tricks to prevent Zoom Fatigue [1]

June 25, 2021 by Nicole Dayney | Office of Digital Education [2]

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Video conferencing has become the new way of life. For many, in-person meetings, where there is the freedom to use different locations or take walking meetings, have been replaced with virtual meetings. We now leave our desks just a few times during the day, yet we find ourselves exhausted. Often referred to as “Zoom Fatigue,” it’s the feeling of tiredness or burnout after countless video meetings. Here are a few tips and tricks to help combat Zoom Fatigue and set your meetings apart!

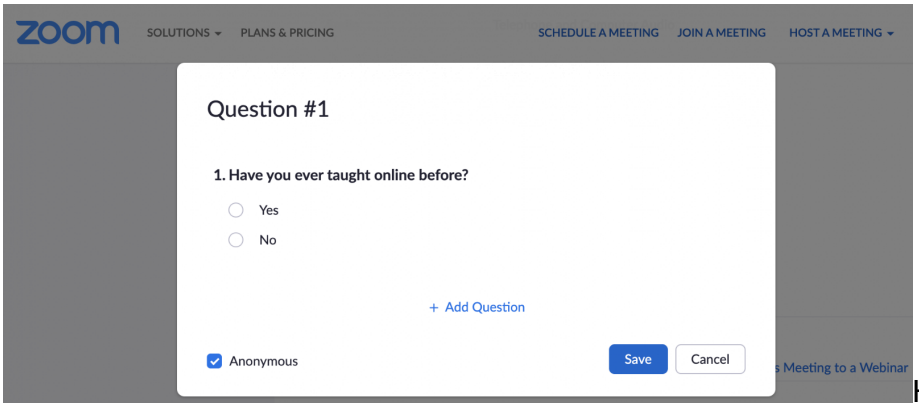
1. Use an Icebreaker

The first few minutes of a meeting can be a bit awkward. Some participants may have their cameras off; some may be running late. An icebreaker is a great way to make everyone feel comfortable and stay engaged from the start. Some ideas for Icebreakers are:

- 2 Truths & A Lie
- Round Robin questions like “Would you rather?”
- Virtual tour of your office or home
- Meet the pets
- Share an object/Show and tell
- Scavenger Hunt

2. Stay engaged with polling

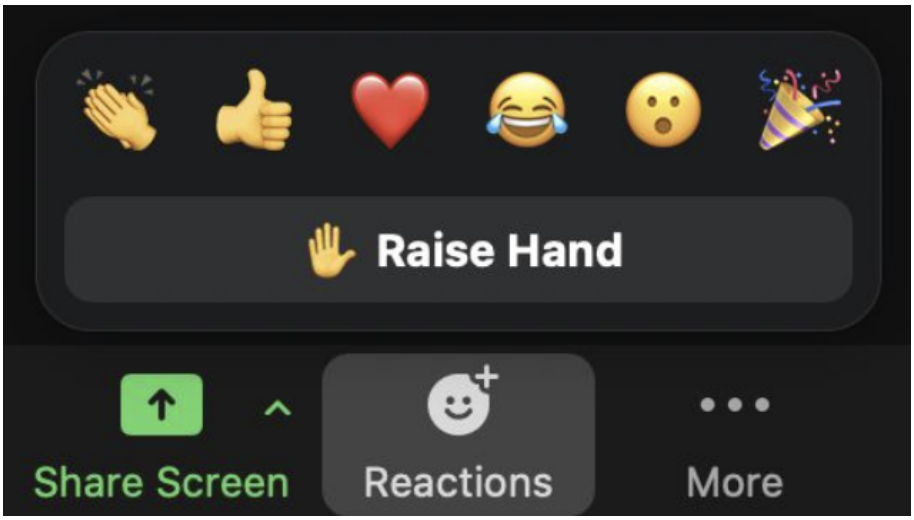
Using polling in your meeting can be a great way to “check in” with your audience. You can use it a few different ways - at the beginning of the meeting to ask a “get to know you” question, throughout the session to ensure the audience retains the content, or at the end of



How-to: Polling for Zoom Meetings [3]

3. Use non-verbal communication

Instead of voicing your response, try using a reaction within Zoom! There are symbols like a thumbs up, a hand-clapping, a surprised face, and many more. You can signal your response or reaction to something without having to say a word.



How-to: Nonverbal Feedback and Meeting Reactions [4]

4. Hide yourself from camera view

Seeing yourself constantly in the camera view can feel like someone is following you around with a mirror all day! Many are now seeing themselves in camera view for hours in a day, and it is stressful. Try hiding from view so that you can see participants, but not yourself.How-to: Hide My Video on Zoom [5]

5. Utilize Virtual Backgrounds

Virtual Backgrounds can be a great way to feel like you are changing up the meeting setting. Your background could be somewhere beautiful like Italy, a nicely decorated office space, or even your company logo! A virtual background could also be a great icebreaker and make the meeting feel more personal.



How-to: Use a Virtual Background on Zoom [6]

6. Take breaks from the screen

If you're finding your days filled with back-to-back meetings, think about scheduling meetings for 50 minutes or 25 minutes. This way, you can take a quick break to get up from your desk, grab some coffee, have a snack, or take a bathroom break. You will have the opportunity to look at something other than your screen!

7. Always make a meeting agenda

Having a meeting agenda and sticking to it will make it easier to end your meetings on time and feel more productive. You can even share a meeting agenda with the participants beforehand and agree on the agenda. This way, your discussion is focused on the topic at hand. **8. Don't always default to video conferencing**

Many default to video meetings for all communication. If you know the other participant well, suggest that you have your cameras off, which gives you the freedom to step away from your desk. You could also suggest a virtual walking meeting, where you take a phone call instead and even get outside!



With Zoom and Video Conferencing likely here to stay, make sure you take these necessary steps to reduce your burnout!

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