

Hide your video feed on your Zoom display ^[1]

March 25, 2021 by [UIS Communications](#) ^[2]

Have Zoom fatigue or tired of looking at your camera view? One way to reduce onscreen stimuli is by removing your face view while on a meeting. Hiding your own face from view can help you focus on your colleagues.

Your own video will disappear from the display screen and allows more room for other participant's display. You can change this setting for each meeting:

- After starting or joining a Zoom meeting, right-click your video display to access the menu and choose **Hide Myself**.
- Done hiding yourself? Right-click on any video display on the screen and choose **Show Myself**.

Learn more [here](#) ^[3].

[Zoom](#) ^[4]

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