



# HOW TO COMBAT ZOOM FATIGUE

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Video chat is helping us to stay employed and connected during this exceedingly challenging time.

But virtual meetings are so tiring - These tips will help to combat Zoom Doom and make video calls less exhausting.

- **Avoid back to back virtual meetings.**
- **Avoid multitasking.**
- **Build at least 15 minutes break between calls to stand up and move**
- **Switch off the camera in some meetings.**
- **As we don't blink as much when we stare at a screen. Every 20 minutes take 20 seconds to look at something 20 metres away.**
- **Hone some new animated ways to communicate. Smiling to encourage others, thumbs up, nodding to show interest or stroking your chin to show you are thinking.**
- **Stand up for some meetings. If you can find a way to keep your camera stable and at eye level then this is a good way to mix things up.**

**Any Questions? Please feel free to email:**

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