

A TOOLKIT FOR PROFESSIONALS
MINDFULNESS AT WORK

Preventing Zoom Fatigue

5 REASONS WHY ZOOM MAKES US TIRED

- 1 Excessive Close-Up Facetime is Unnatural**
Constantly seeing oversized faces, including your own, can lead to anxiety and stress.
- 2 Seeing Yourself While You're Talking is Innatural**
Being mirrored by video with feeling of all eyes on you increases self-consciousness.
- 3 Being Stuck in Your Seat is Tiring**
Movement improves our cognition, letting the brain do more with less effort.
- 4 Non-Verbal Communication is More Challenging**
When online, our brains work harder to send and receive non-verbal signals, increasing cognitive load.
- 5 Boundaries Between Work and home Get Broken**
When home life shows up in your meetings it can feel stressful or overwhelming.



Prolonged video chats are far more exhausting than regular meetings. This fatigue can lead to lost productivity, decreased motivation and feelings of burnout.

LEARN 5 REASONS WHY VIDEO CONFERENCING MAKES US TIRED, PLUS TIPS FOR WHAT TO DO ABOUT IT.

MINDFUL TIPS FOR PREVENTING ZOOM FATIGUE:

- Take the time to look into the eyes of each person on the call, do this in stealth mode
- This secret connection helps generate compassion and present-moment awareness
- Avoid full-screen mode to avoid unnatural close ups
- Use an external keyboard to place more distance between yourself and your screen
- Periodically turn off your own camera, and give others freedom to do the same
- With your camera off, take breaks to stand, walk or stretch
- Create balance by blocking off times when you're unavailable for meetings
- Acknowledge zoom fatigue and opt for phone meetings when possible