

# Tips to Reduce Video Call Fatigue

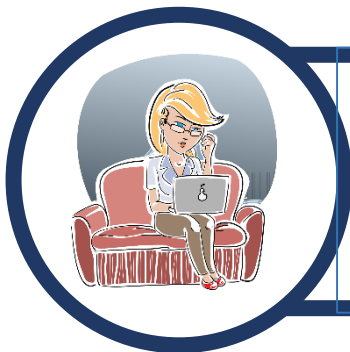


## GO OLD SCHOOL: USE THE TELEPHONE!

Are there conversations you could have on the phone instead? Or would an e-mail do? If you have a lot of video calls in one day, see which ones you can convert to a phone call to give yourself a break.

## HAVE YOUR SCREEN ON THE SIDE

Having your screen off to the side, instead of straight ahead, could help with concentration, especially in big group meetings. It makes you feel like you're in an adjoining room, so could feel less intense or tiring.

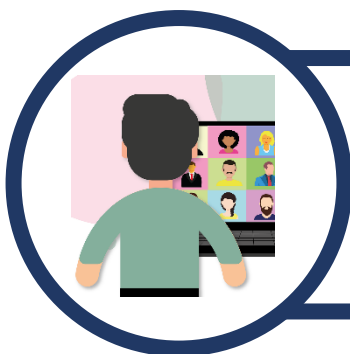


## AVOID MULTITASKING

Switching between tasks can cost as much as 40% of your productive time and also impact on how much you remember afterwards. Close programmes that might distract, put away your phone and stay present.

## BUILD IN BREAKS, TAKE TIME OUT

It is helpful to give yourself transition time between video calls (on the days you can). Try and build in breaks, give yourself time to get up and move a bit or do some light stretching. Even a short break could help.



## TURN OFF YOUR VIDEO

It is ok to say hello to everyone at the beginning of a call, but to also let people know you are going to be switching off your video. This can really help combat mental fatigue caused by onscreen stimuli.



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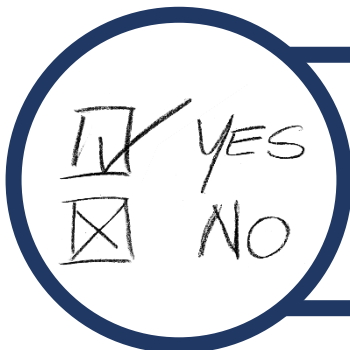


## KEEP HYDRATED

It is really easy to get caught up in video calls, e-mails and other screen tasks. When you are low on fluids, your body may feel tired and weaker than usual. To maintain your energy, keep hydrating!

## HIDE YOURSELF FROM VIEW

Research shows that people tend to gaze at themselves during video calls. In Zoom you have the option of hiding yourself, while others can still see you! Right click your video and choose 'Hide Myself'.



## MAKE VIRTUAL SOCIAL EVENTS AN OPT-IN

After a long day of back-to-back video calls, it's normal to feel drained. If you are the owner of a virtual social event, make it explicit to people that everyone is welcome, but not obligated, to join.

## MUTING CAN BE YOUR FRIEND

Subtle sounds like tapping and swallowing can be amplified and eating or drinking noises can sound to your listeners as if you are chewing in their ear. Just remember to unmute when you speak...



## THANKS TO ALL OUR CONTRIBUTORS AND RESOURCES

We collected tips from our staff members and service users and also referred to two articles: one in the Harvard Business Review by Liz Fosslien and Mollie West Duffy: <https://hbr.org/2020/04/how-to-combat-zoom-fatigue> and one from The Conversation <https://theconversation.com/zoom-fatigue-how-to-make-video-calls-less-tiring-137851>

