

# TIPS TO OVERCOME ZOOM FATIGUE



After attending a day full of Zoom meetings for work, I stepped out of my home office, said hello to my family, and then signed on to another Zoom chat for my online graduate program. Amazingly, even though we were all there to discuss educational policy, the meeting took on a more personal tone that I have a feeling many will identify with—we're Zoomed out!

In a world of mandated social isolation, are you one of the many that is currently wondering where all of your quiet time has gone? Thinking on this today, I found an article that talked about having a Zoom hangover. One staff member's comment on digital overload made me stop, think, and literally laugh out loud: "The social consequences of being alone is ruining my alone time." If you are one of the many that are feeling this way, the staff of the Center for Teaching & Learning sympathize with you. Work-life balance (particularly in a time of constant change) can be difficult, but if we focus on the little things that we can control, it is possible to bring peace to our new norm. Thus we offer the information below.



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## 3 Tips to Overcome Zoom Fatigue

### #1 – Schedule your day.

Although this may be easier said than done, the concept is solid, and scheduling your day is a good way to reflect on your digital workload. Grab a calendar, a whiteboard, or (gasp!) old-fashioned pencil and paper and map out your day hour by hour. If an activity in your day involves technology, highlight it so that you can reflect on it in the next step.

### #2 – Unplug at least once a day.

Now that you're aware of just how much time you're spending attached to technology, it's time to unplug. Start by choosing a specific period of the day to intentionally power down. Yes, it's that simple. Pick a time (early morning, lunch, dinner, just before bed) and unplug. The time of day you choose isn't important. What is important is the act of learning how to disconnect from technology. Then, choose a tech-free time that works for you and stick with it. Your brain will thank you.

### #3 – Add a little sunshine to your day.

Yes, that's a hokey way to tell you to step away from your desk and take a walk (while respecting the rules of social distancing, please). Social isolation is mentally draining, but research tells us that spending time in nature is restorative. Being outside clears your mind, lowers stress levels, and even provides free nutrients (sunlight = vitamin D) that are essential for optimal health.

Yes, our new norm is demanding, but being subject to a demanding schedule isn't new...we've been dealing with demanding schedules for years. As always, we can decide on a personal rhythm as we adjust to the expectations of our changing lives.