UNDERSTANDING ZOOM FATIGUE!
I think the one thing about the Zoom calls is unlike being in a room with people where you can look away or drift off, I feel like with Zoom, everyone’s face is just dead center, head on, there is no drifting. It takes a lot of energy from me … Mellody Hobson

WHAT TO KNOW!
❖ Zoom fatigue has been used to describe the feelings of exhaustion and burnout one experiences when using virtual video platforms to communicate
❖ “Zoom fatigue” is a widely used and relatively new term that refers to any video communication platform that produces drowsiness or weariness
❖ During Zoom calls, physical movement is decreased, concentration is increased, self-awareness is increased, and frustration tolerance is decreased
❖ Typical signs of Zoom Fatigue include:
  ❖ Feeling tired during a call
  ❖ Difficulty maintaining attention during the call
  ❖ Eye strain and tired eyes
  ❖ Headaches
  ❖ Feeling exhausted at the end of the work day
  ❖ Napping frequently during the day
  ❖ Anger and frustration with technology problems
  ❖ Excessive concern with appearance when on camera
❖ Sources of Zoom fatigue include:
  ❖ Increased eye contact due to constantly looking at others on the screen
  ❖ Social anxiety about directly speaking to a group
  ❖ Monitor size can increase personal discomfort if faces are too large or close
  ❖ Watching yourself on the screen can increase self-criticism; the mirror effect
  ❖ Reduced moving around due to communicating on a screen
  ❖ Excessive attention and concentration can mentally exhaust a person
❖ The pandemic has exacerbated zoom fatigue as it increased existing anxiety from financial problems, unemployment, lack of in-person social contact, and restrictions on freedom

WHAT TO DO!
❖ Focus on only one task at a time; do not do other tasks while on a Zoom call
❖ Take a break between calls and get up and walk around for a few minutes
❖ Do not let your calls run over the allotted time set aside
❖ Take Zoom out of full screen and minimize the screen to a smaller size
❖ Write more, make phone calls, and use emails to communicate
❖ Reduce the amount of virtual meetings
❖ If you can, turn off your camera during a meeting
❖ Minimize or use the hide-your-image function
❖ Seek professional help if you are unable to overcome Zoom fatigue

WE PRACTICE TELEHEALTH AND CAN HELP!
Call us at 954 755-2885 or email us at DrKimmel@KimmelPsychology.com

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067

Copyright © 2021; by Joel I. Kimmel, Ph.D.