

## 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](mailto:DrKimmel@KimmelPsychology.com)

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