

#WomanExpert'sView

Zoom Fatigue

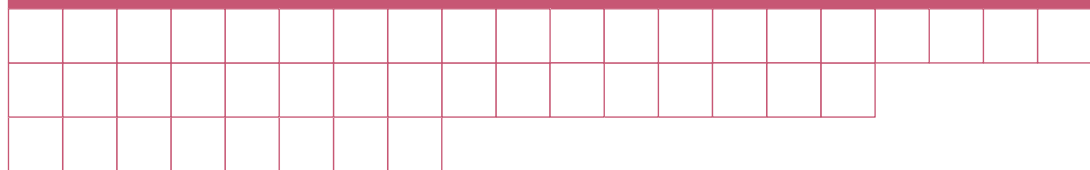
What is it and

how to prevent it?

MARCELA KOŚCIAŃCZUK

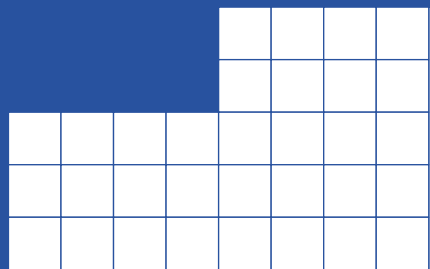
Psychologist and psychotherapist

**MENTAL HEALTH
IN REMOTE WORKING**

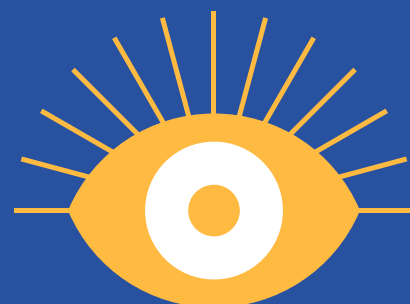


#WomanExpert'sView

"Zoom Fatigue" (named after a popular videoconferencing software) is a remote burnout*.

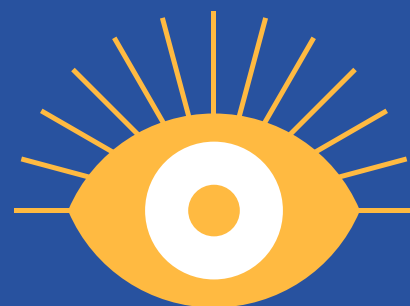


<https://iaap-journals.onlinelibrary.wiley.com/doi/10.1111/apps.12360#apps12360-bib-0077> [accessible on 27.07.2023]



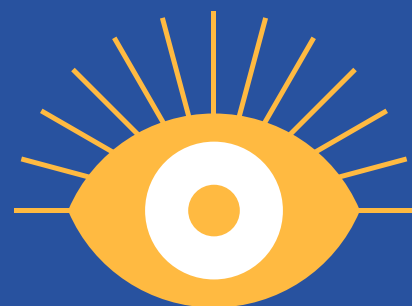
#WomanExpert'sView

"Zoom Fatigue" is related to exhaustion caused by an excess of sound stimuli generated mainly by group online calls.



#WomanExpert'sView

Some people also find it difficult to deal with **visual stimuli** and the need to watch themselves on camera.



#WomanExpert'sView

**The feeling of
being observed
constantly
also causes
discomfort.**



?

**What can
you do to
prevent it?**



01.

**Along with your supervisors,
your team or your clients, agree
on the rules of turning the camera
on and off during online meetings.**

For example, you can turn your cameras on at the beginning of the meeting to talk for a while and then turn them off during the presentation.

#WomanExpert'sView

02.

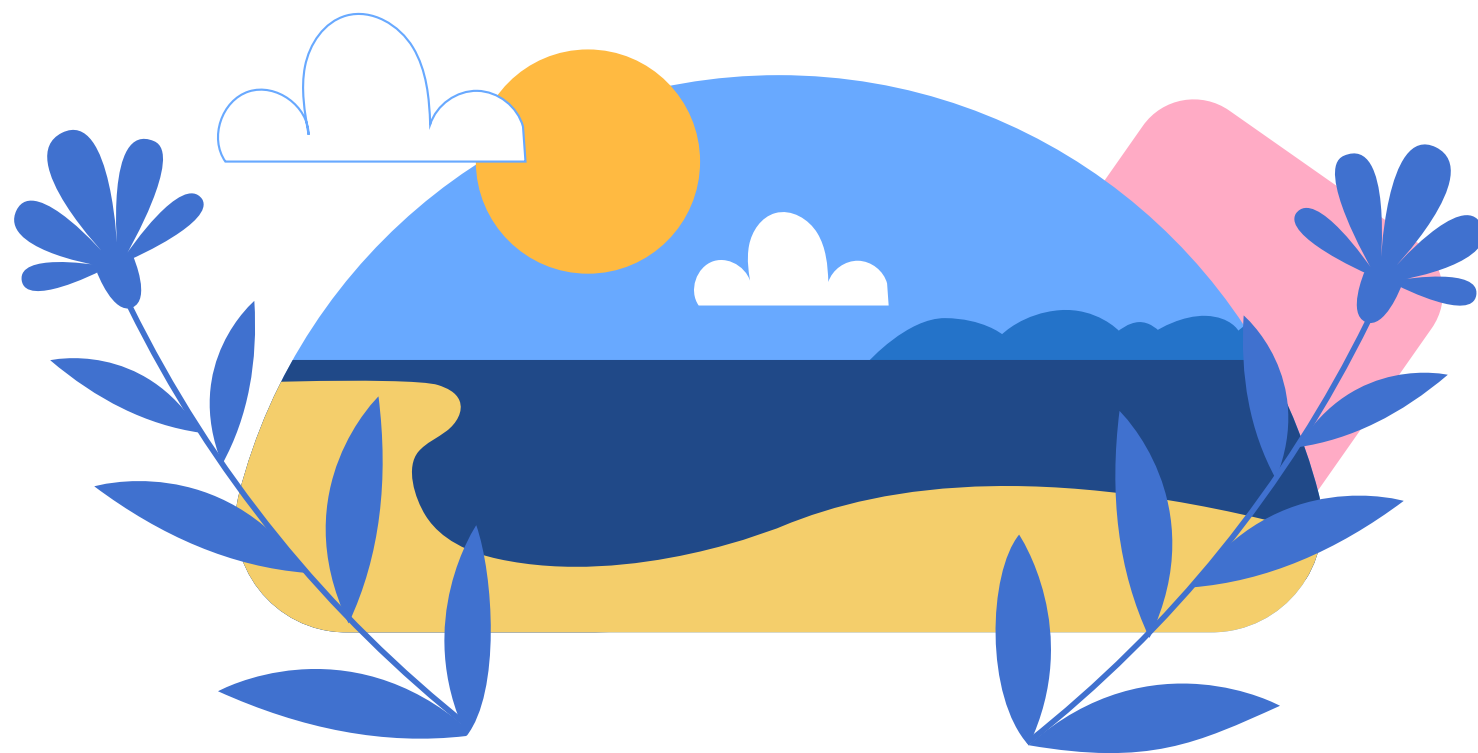
Configure your videoconferencing software settings to eliminate the excess of stimuli.

For example, choose Gallery View or Presenter View.

#WomanExpert'sView

03.

Cover unnecessary stimuli on the computer screen with a picture of a soothing landscape.



04.

If it's possible, reduce the number of online meetings during the day (or plan them carefully so that the cooperations is more efficient).

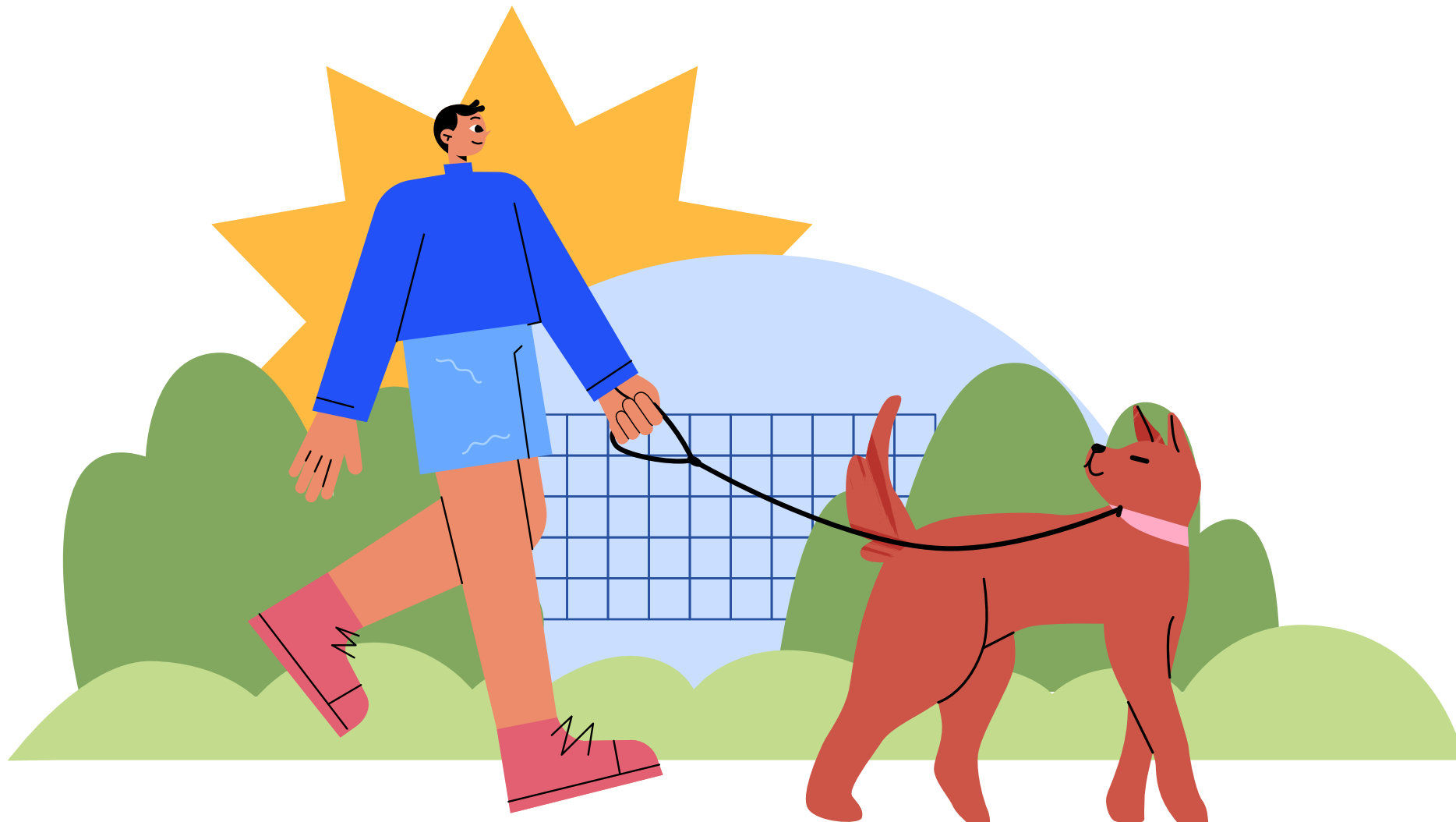
05.

Suggest choosing a meeting moderator who will make sure your online meeting is as short and concrete as possible.

#WomanExpert'sView

06.

**Remember to take multiple breaks,
for example in a natural setting.**



07a.

Working remotely doesn't have to mean sitting at your desk all the time! If it's possible, **change your position frequently and...**

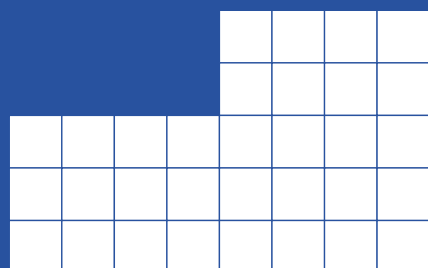
07b.

...use mobile devices that allow you to take a part of your meetings while walking through the garden or on the terrace!on the terrace!

WOMAN EXPERT

Marcela Kościańczuk

I am a psychologist and a psychotherapist.
I work in KOS – The Centre of Development,
Therapy and Education Marcela Kościańczuk.
I am also a habilitated doctor of cultural and
religious sciences. I am engaged in a qualitative
study on relating various phenomena in
modern culture to their psychological aspects.



MORE ABOUT ME:

<https://www.facebook.com/koscianczukpsychoterapia>

PINK PUMA



**Are you interested in
more tips and tricks?**

Follow us on LinkedIn!



<https://www.linkedin.com/company/pinkpuma>