A top-down view of a wooden desk with various items: a computer monitor displaying a woman on a video call, a keyboard, a mouse, a pen holder, a coffee cup, a notebook, and some papers. A person's hand is visible writing in the notebook.

# Zoom Fatigued? How to Stay Virtually Engaged without Losing our Minds



# Northeastern University

Applied Behavior Analysis  
Online Programs

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# Outcomes

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- 1) Describe how online meetings differ from in-person meetings
- 2) List and describe three challenges inherent in online meetings
- 3) List practical strategies for coping with “Zoom Fatigue”

# Not just Zoom...

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# Not just Zoom...

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A



B



C



D



E



F



G



# Not just Zoom...

A



Zoom

B



Microsoft  
Teams

C

Bluejeans



D



Face-  
Time

E



Skype

F



Go To Meeting

G



Google  
Hangouts





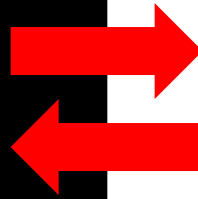
# Poll

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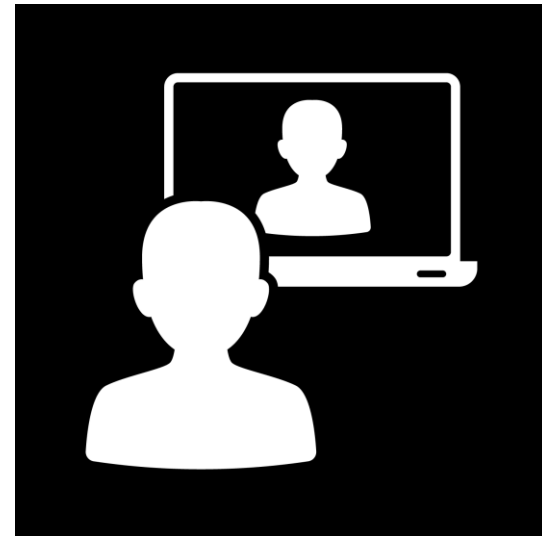


# In person meeting

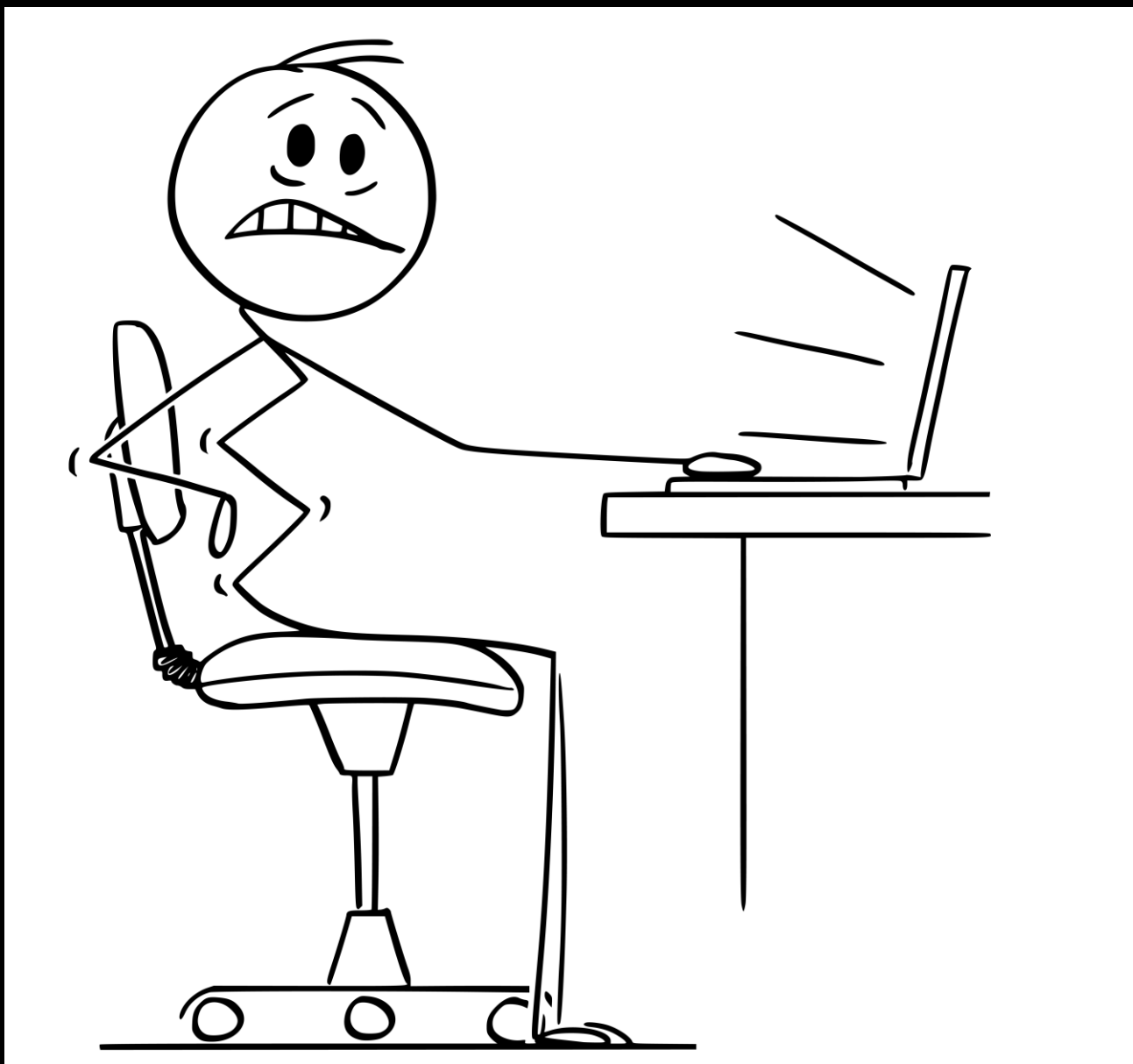
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# Virtual meeting

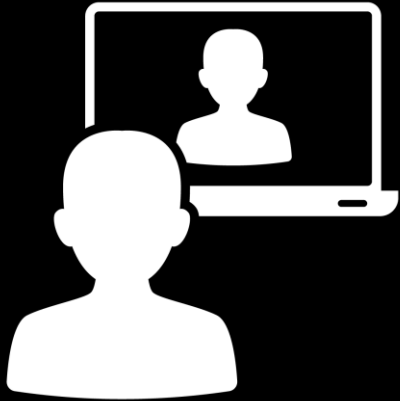






# Pros

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- ✓ Convenient
- ✓ Some people may feel more comfortable/likely to share
- ✓ Record of the communication

# Cons

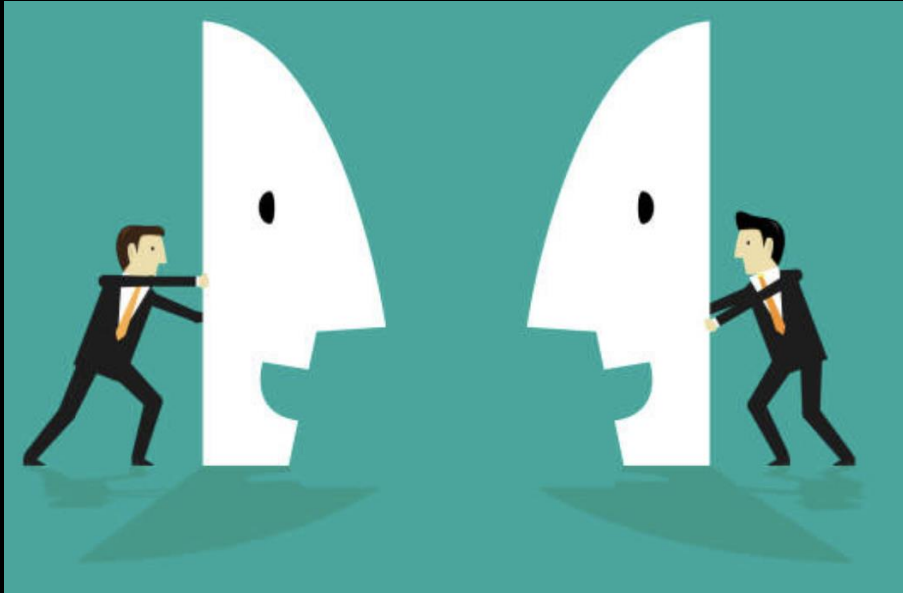
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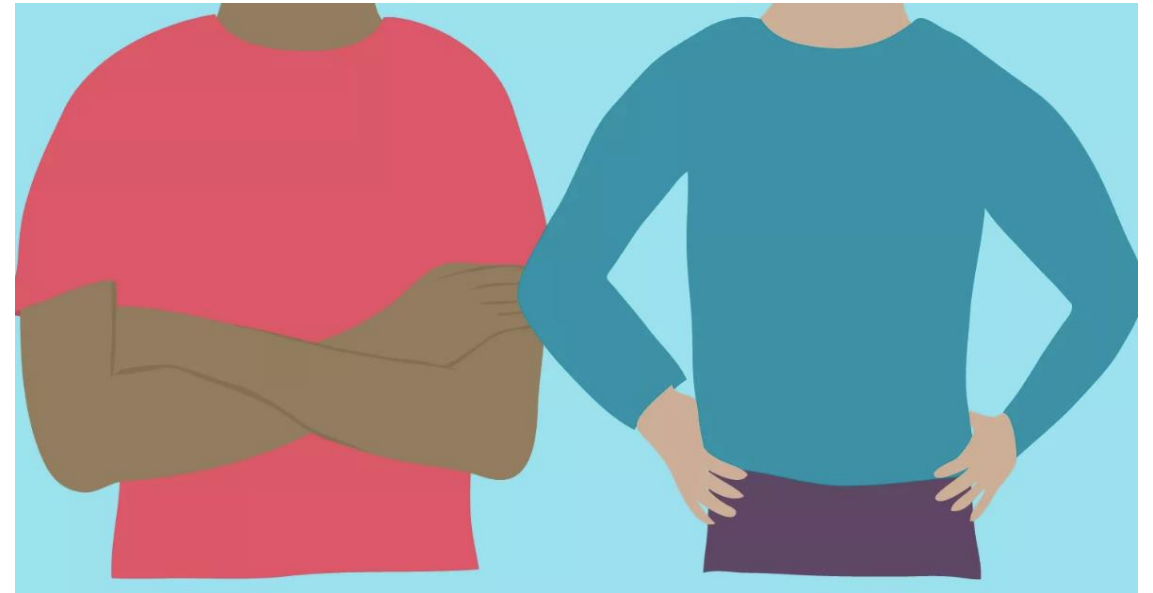
- ✓ Requires access to technology
- ✓ Interruptions
- ✓ Some people may feel less comfortable/likely to share
- ✓ Miscommunication

# What's impacted?

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Eye contact



Ability to read body language

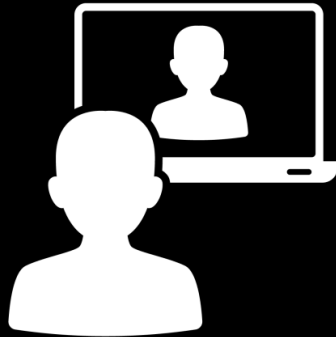
# Why is this important?

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# Other Differences?

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- ✓ Self-view
- ✓ 3-dimensional vs. 2-dimensional
- ✓ Mediation

# Can we overcome these challenges?

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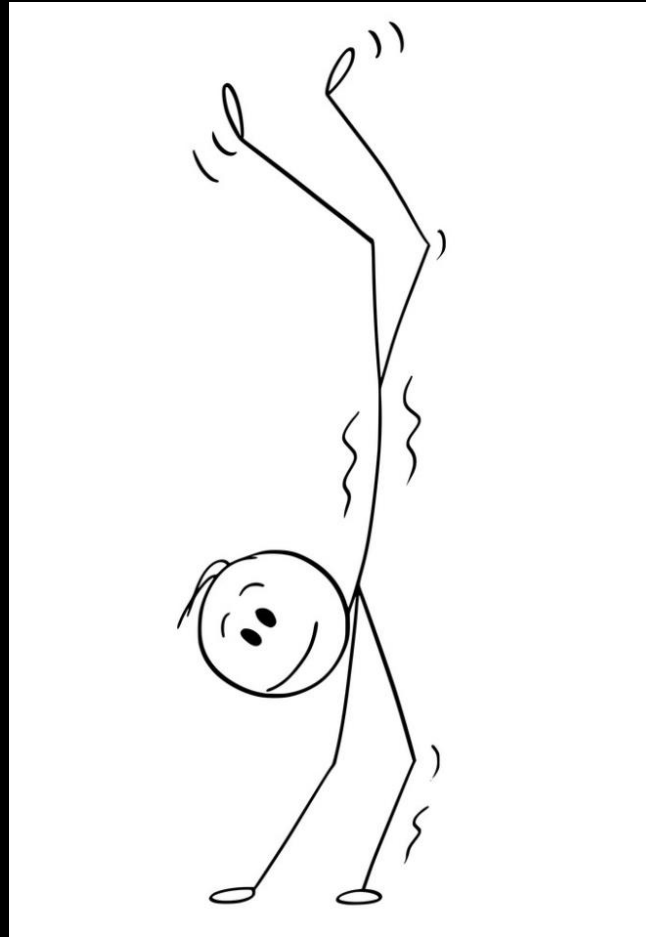
- ✓ Chat function
- ✓ Humor
- ✓ Patience
- ✓ Compassion





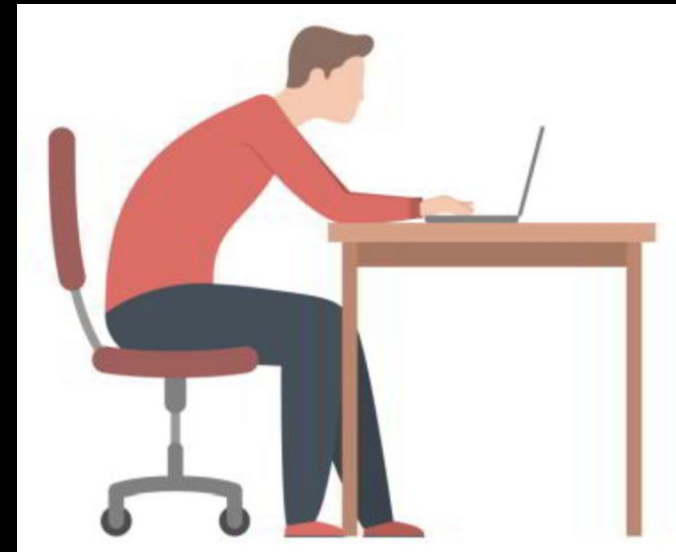
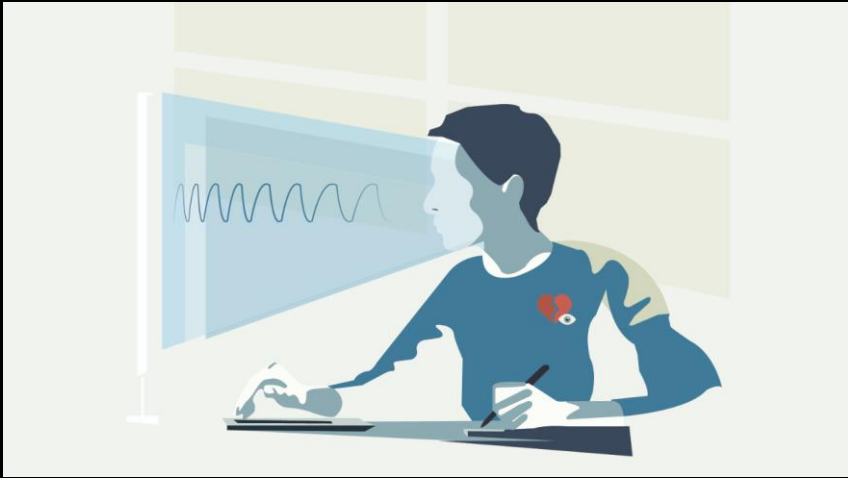
# Why am I so tired at the end of the day?

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# Why am I so tired at the end of the day?

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# Poll

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# Fighting Zoom Fatigue

- ✓ Disconnect when you need to
- ✓ If you can, schedule time in between virtual meetings
- ✓ Practice mindfulness
- ✓ Meditate
- ✓ Move around. Stretch or do yoga.
- ✓ Have compassion for yourself and for others
- ✓ Establish daily routines

**From:** <https://news.northeastern.edu/2020/05/11/zoom-fatigue-is-real-heres-why-youre-feeling-it-and-what-you-can-do-about-it/>

# Meditate

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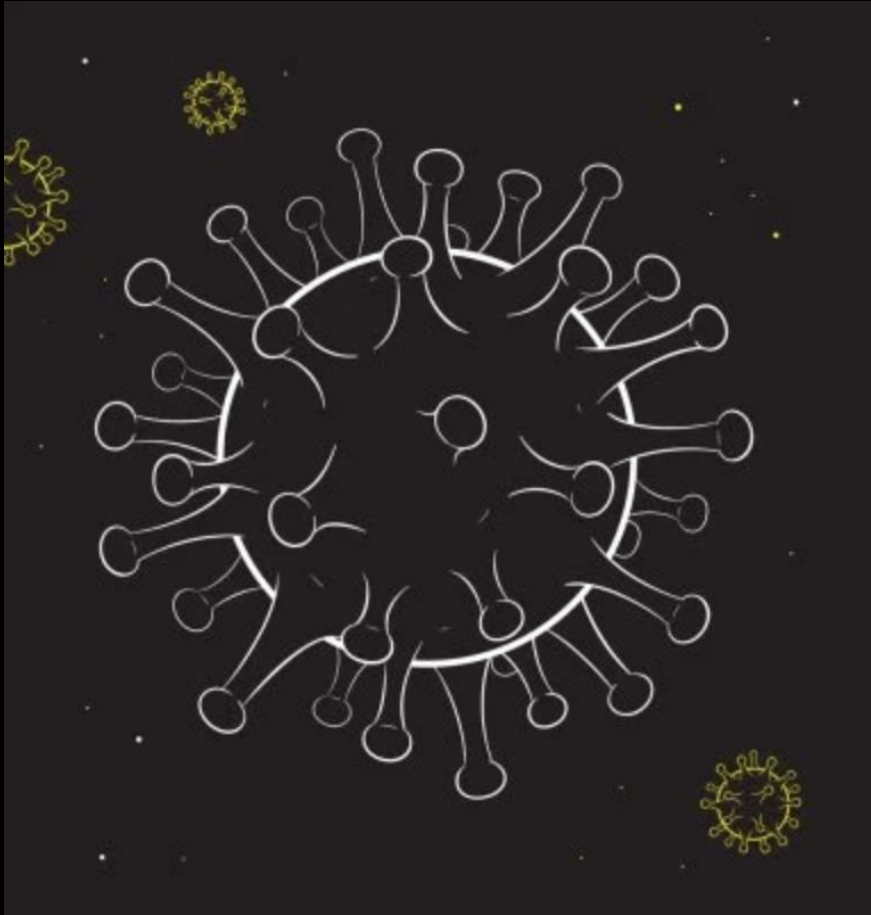
# Stretch

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# Zoom Fatigue in the age of COVID-19

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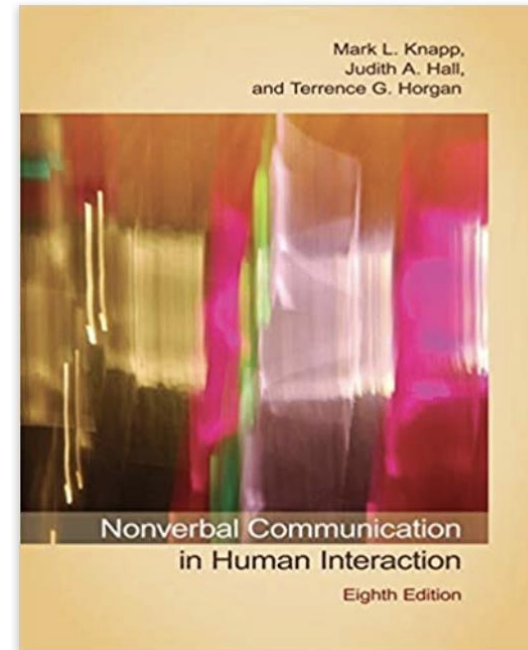
# Let's talk about the kids

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- Offline vs. online
- Screen time
- What is displaced?
- Sleep



# Resources



# Questions?



A top-down view of a person's hands at a desk. The left hand holds a black pen over an orange spiral notebook. The right hand holds a white mug of dark coffee. A silver laptop is open in front of them. To the right, another orange notebook holds a black smartphone and a pair of white earbuds. A decorative branch with small white flowers is on the far right. The text "How can I (politely) decline Zoom requests?" is overlaid in white.

**How can I (politely)  
decline Zoom requests?**

A top-down view of five people sitting around a wooden table in a meeting. The table is cluttered with various items: two laptops, two tablets, several notebooks, a smartphone, a pair of glasses, and two cups of coffee. The people are engaged in discussion, with one person pointing at a tablet. The text "Is the self-view function a pro or a con?" is overlaid in the center in a large, white, sans-serif font.

Is the self-view function  
a pro or a con?



A photograph of a person's hands working on a wooden desk. The left hand is on a silver laptop's trackpad, and the right hand is holding a smartphone with a red case. The laptop screen shows some text, and the phone screen also displays text. The background is a wooden desk with a laptop and a smartphone. The text "Will in-person meetings ever be the same?" is overlaid in white, bold, sans-serif font.

**Will in-person meetings  
ever be the same?**

# Additional Resources

<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

[https://www.chronicle.com/article/Why-Is-Zoom-So-Exhausting-/248619?cid=wcontentgrid\\_hp\\_4](https://www.chronicle.com/article/Why-Is-Zoom-So-Exhausting-/248619?cid=wcontentgrid_hp_4)

<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

<https://cmch.tv/familydigitalwellness/?fbclid=IwAR2l5rfuNW4NTJMpnXICEICSh6YtfxgJAJljwl63fqz9kSzTo0HIRQ7TnXA>