Zoom Fatigued?

Here's How to Avoid It!

VIDEO MEETING
Tips & Tricks

Schedule 30 - 45 minute sessions with at least a 15 minute break before your next meeting.

Limit your use of continuous presence (tiles with everyone showing on your screen) to voice-switch for easier viewing.

Make sure to set your screen at eye level and directly in front of you, and place your keyboard and mouse within easy reach.

If you do use a headset, opt for over the ear headphones with noise cancellation.

Be mindful of your lighting. It is best to sit perpendicular to a window and avoid glare on your screen.

