



Coping with **VIRTUAL MEETING FATIGUE**

It is safe to say we're taking more video calls these days and ABDers are feeling the draining effect of digital meetings and virtual social events. Why? Experts say it's hard to relax when you're focused on interpreting and projecting positive social cues over camera; silence becomes even more awkward; technology hiccups are frustrating; and you may just feel uncomfortable being on camera. It's also more mentally exhausting to try to separate work from social life given that all meaningful interactions are now taking place on the same digital platforms.

WAYS TO COPE:

1. Determine if video is truly necessary and schedule less video calls where you can. It may be better to pick up the phone or share information via email.

2. Start video meetings with a wellbeing check-in to help ease everyone into the digital room before diving into business.

3. Remember that turning on your camera is optional, so give yourself a break when you are not presenting.

4. Build in personal wellbeing breaks between video calls to stretch, grab a snack, and step away from the camera.

LEARN MORE

- [The Reason Zoom Calls Drain Your Energy](#)
- [Virtual Meeting Tips](#)



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