Simple Tips to Avoid Zoom Fatigue

1. Take a break between Zoom sessions: stretches, meditation, or just a few moments of movement in a different space can make a big difference.

2. Stay hydrated: you should drink 64 oz of water each day.

3. Eat between meetings and don't skip meals.

4. Stand during a meeting, and make a point to stretch and move during any meeting lasting over 60 minutes.

5. Create a schedule each day, with breaks for enjoyable and relaxing activities.

6. Try to walk outside at least once each day: movement + fresh air + sunshine = happiness.

7. Set up a designated space for Zoom meetings to help maintain work/life balance.

8. Limit screen time on your phone, and take intentional breaks away from all technology.

Created by the Kinesiology Department.