

# 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