

# 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.**