

SIX WAYS TO FIND BALANCE AND STAY CONNECTED

Zoom Exhaustion is Real



1 SETTLE IN & GROUND YOUR ATTENTION

Take a few minutes before joining a Zoom session to notice how you are feeling. Take a few breaths, feel yourself in your chair, and allow yourself to be fully present in the moment. Here are some great suggestions from [SHAC](#).



2 GREET FELLOW ZOOMERS

Offer a greeting to each new face that appears in your Zoom session (as long as the group is manageable). Try to feel what it is like to be in the presence of each other.



3 CHOOSE "SPEAKER VIEW"

Direct your attention to whoever is speaking by utilizing "speaker view" in Zoom. This allows you to feel as if you are all sitting around a table together. Plus, it can feel less challenging than focusing on multiple faces on your screen all at once.



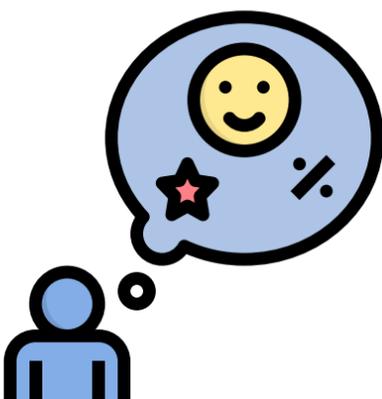
4 RESIST THE URGE TO MULTI-TASK

While it may be easy to check your email, phone, etc. during a Zoom meeting or class, do your best to stay present during your Zoom time. This will allow you focus on what is at hand, while also not expending additional energy. Suggestions: silence notifications, exit email tabs, or put phone on airplane mode.



5 SCHEDULE BREAKS BETWEEN SESSIONS

Try to schedule breaks in between Zoom sessions. Whether this is in between study groups, class sessions, or meetings, it is important to gather your thoughts, grab some water, and stretch your legs. Take care of yourself, your attention, and energy by taking the breaks you need. Check out [Campus Rec](#) for ideas.



6 NORMALIZE & CHECK EXPECTATIONS

While this may not be the preferred way to connect to our classmates, co-workers, and friends, it is a space for us to connect. There are many benefits to be had of utilizing online communications channels such as Zoom.