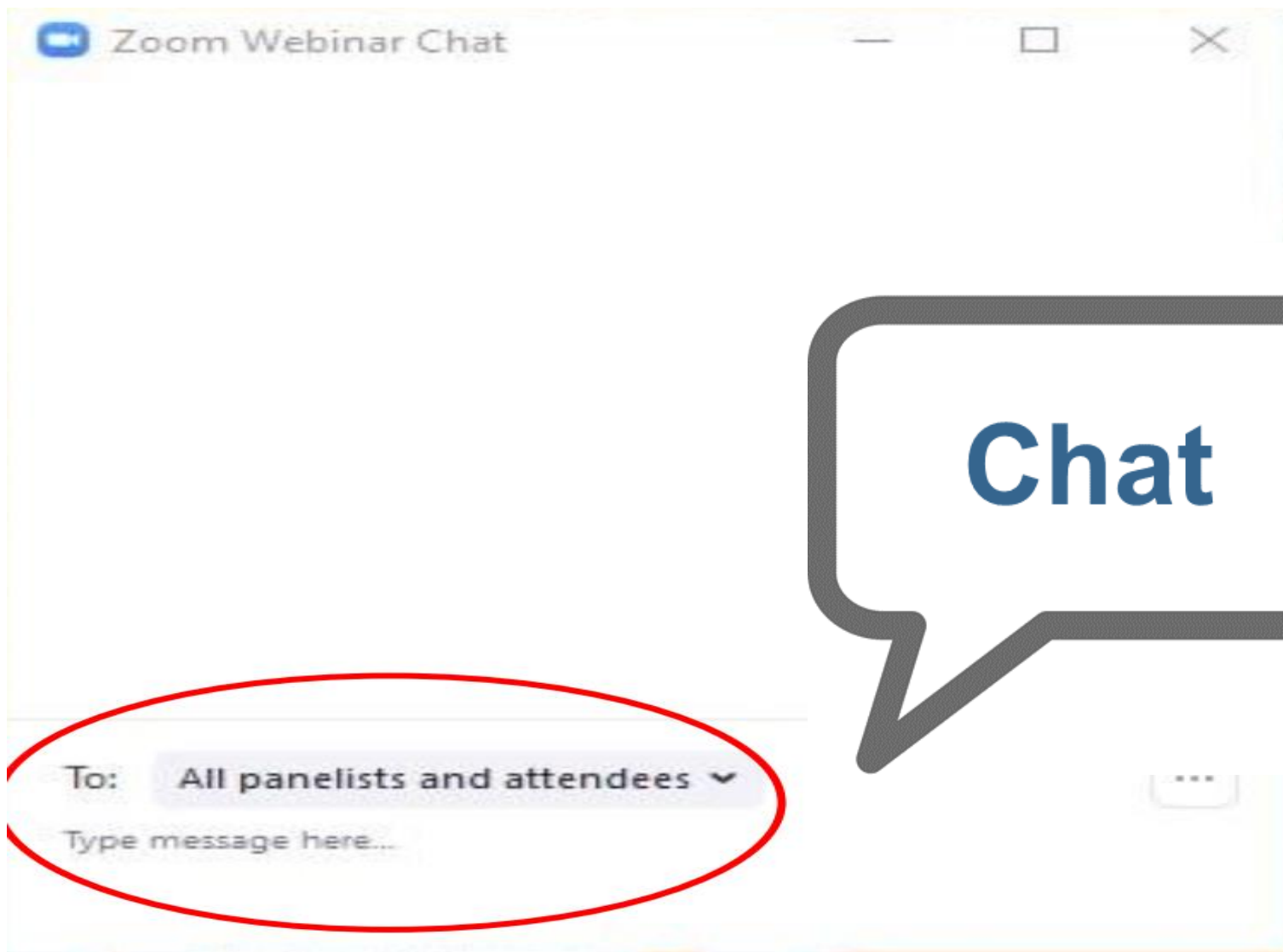


Zoom Fatigue!

how to avoid it



Association Européenne des
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Musique et Musikhochschulen



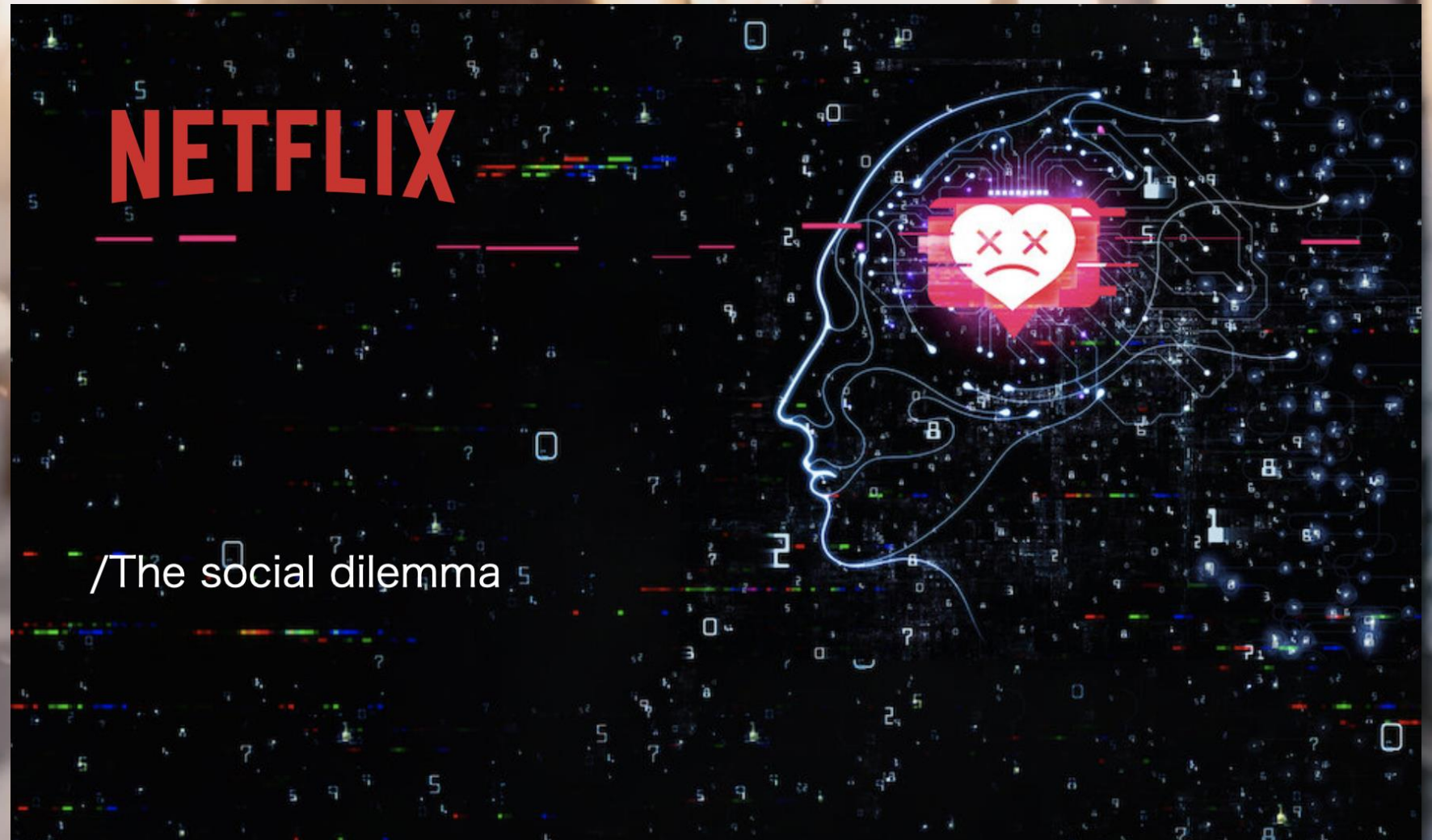
Chat



TXTBOX:
Your answer

Does Zoom Desinfect?

Smartphone user's
check
on average
**150 times a
day!**





“We are the most connected generation ever, yet we are the most distracted”

Jim Hetherton



Sorry!

Wisdom

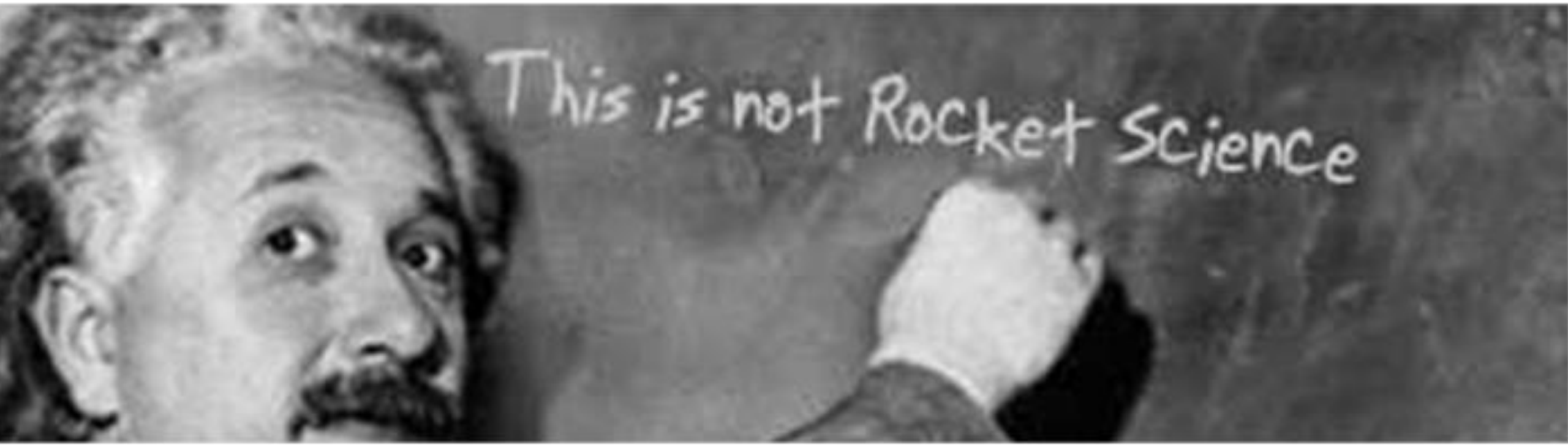
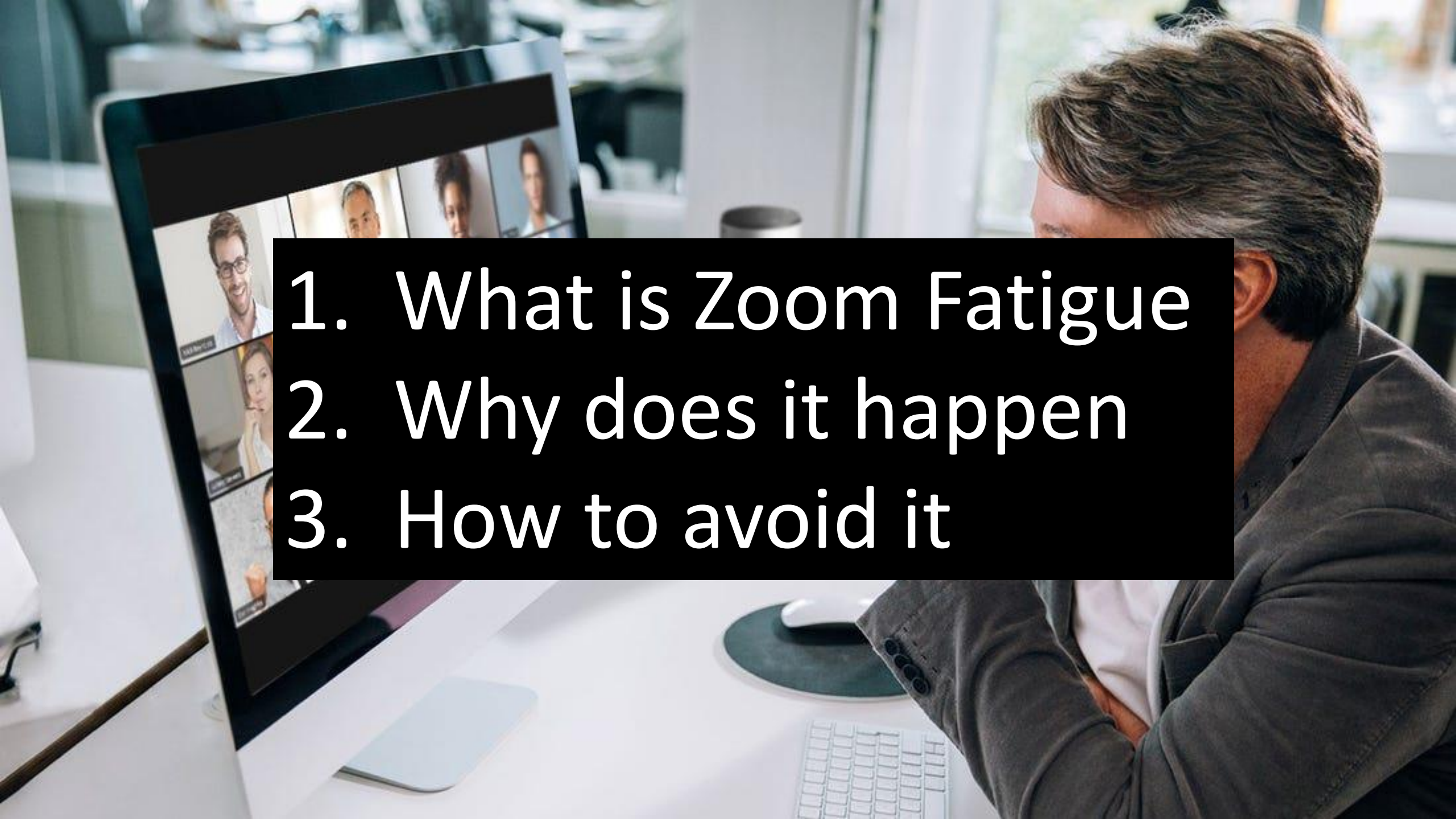




Photo by [Mike Tinnion](#) on [Unsplash](#)

Actions and Commitments

Start doing...	Less of...	Keep doing...

- 
1. What is Zoom Fatigue
 2. Why does it happen
 3. How to avoid it



1. What is Zoom Fatigue

Video Call Burnout, or Zoom Fatigue

Possible Symptoms:

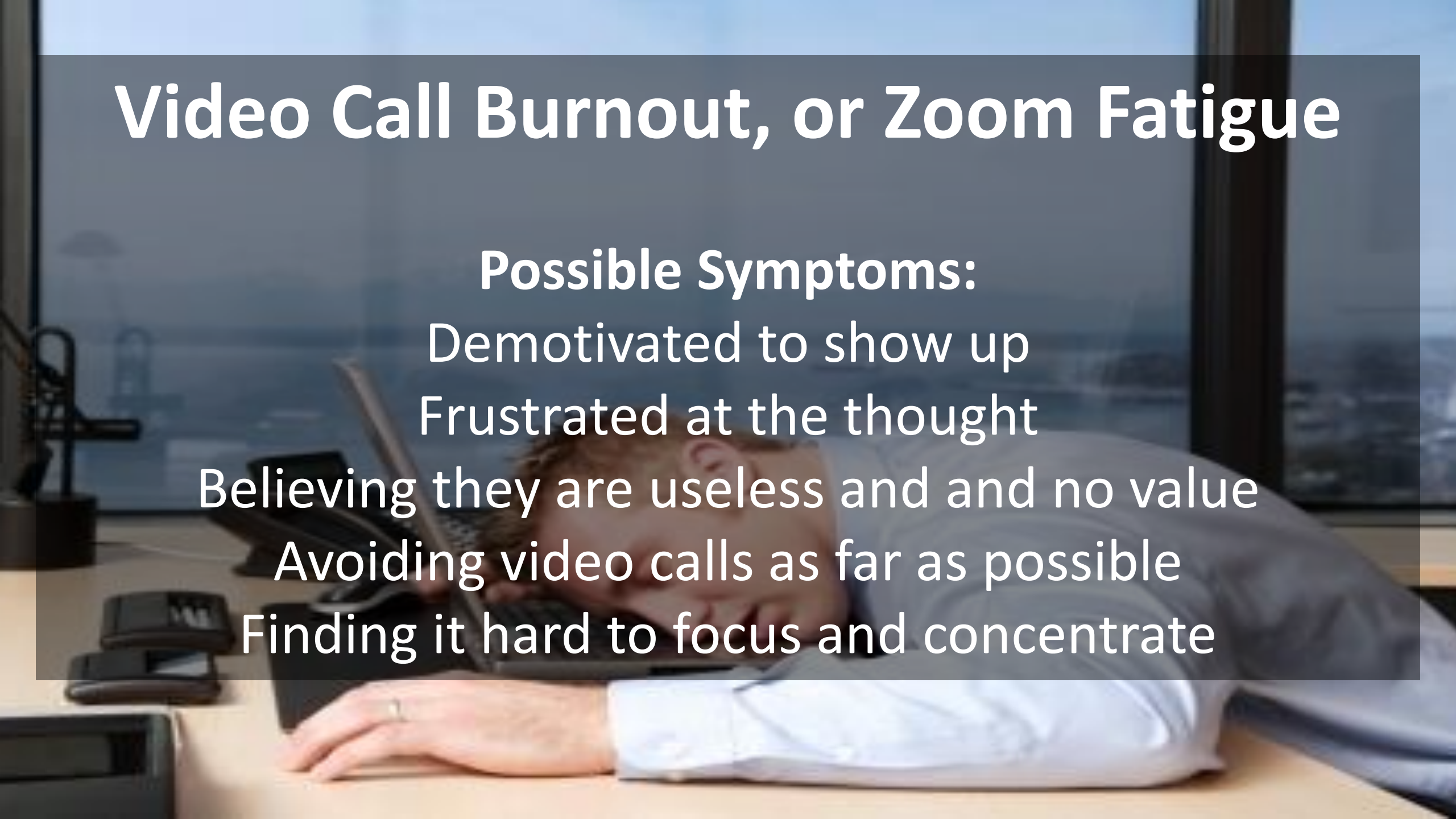
Demotivated to show up

Frustrated at the thought

Believing they are useless and have no value

Avoiding video calls as far as possible

Finding it hard to focus and concentrate



A man in a light blue shirt is sleeping at a desk, with his head resting on a laptop. His right hand is resting on the desk, and a ring is visible on his finger. A black mobile phone is on the desk to the left. The background shows a window with a view of a city skyline.

Burnout can lead to:

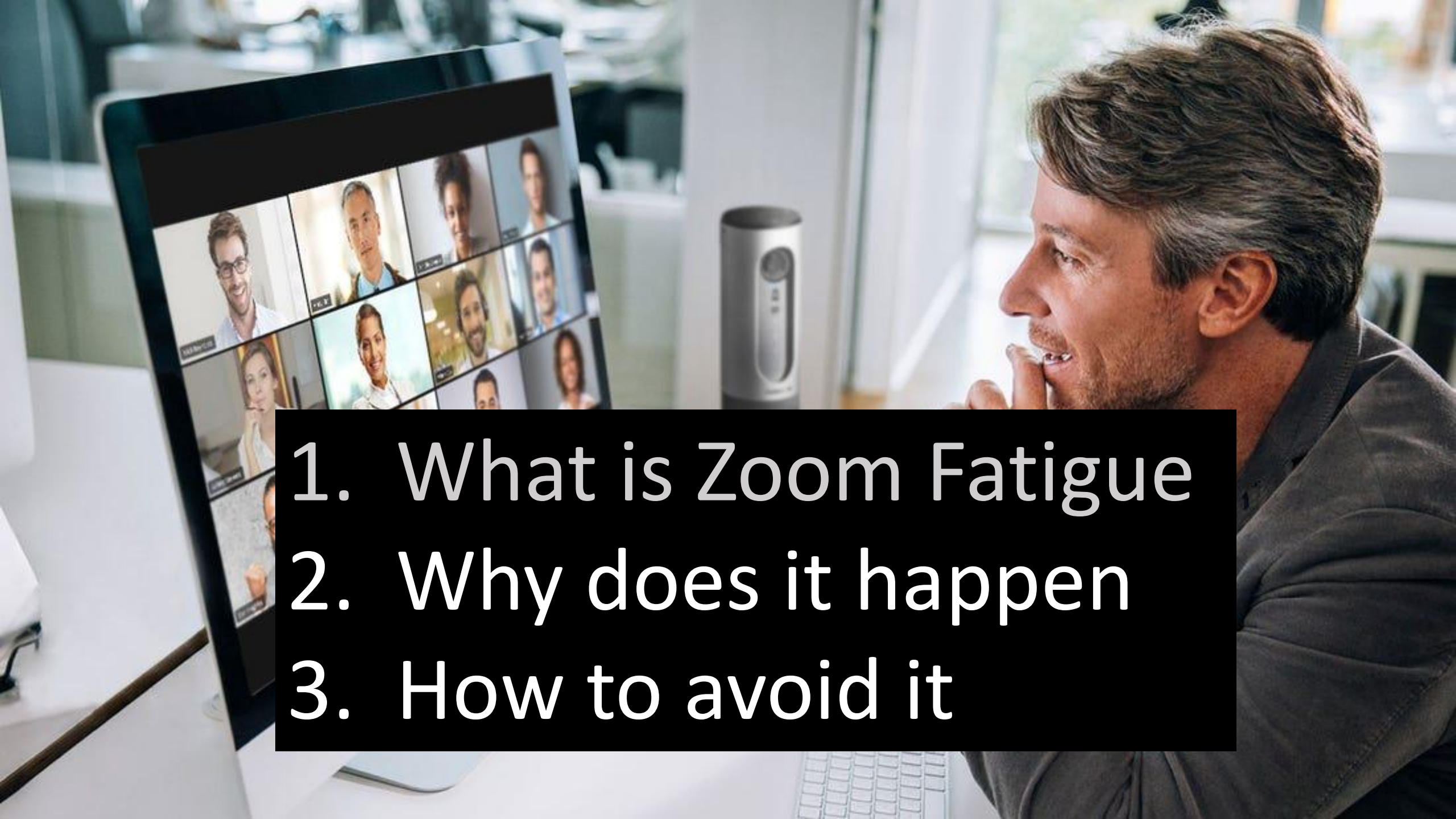
A lack of interest to do anything

A pessimistic and cynical attitude towards things

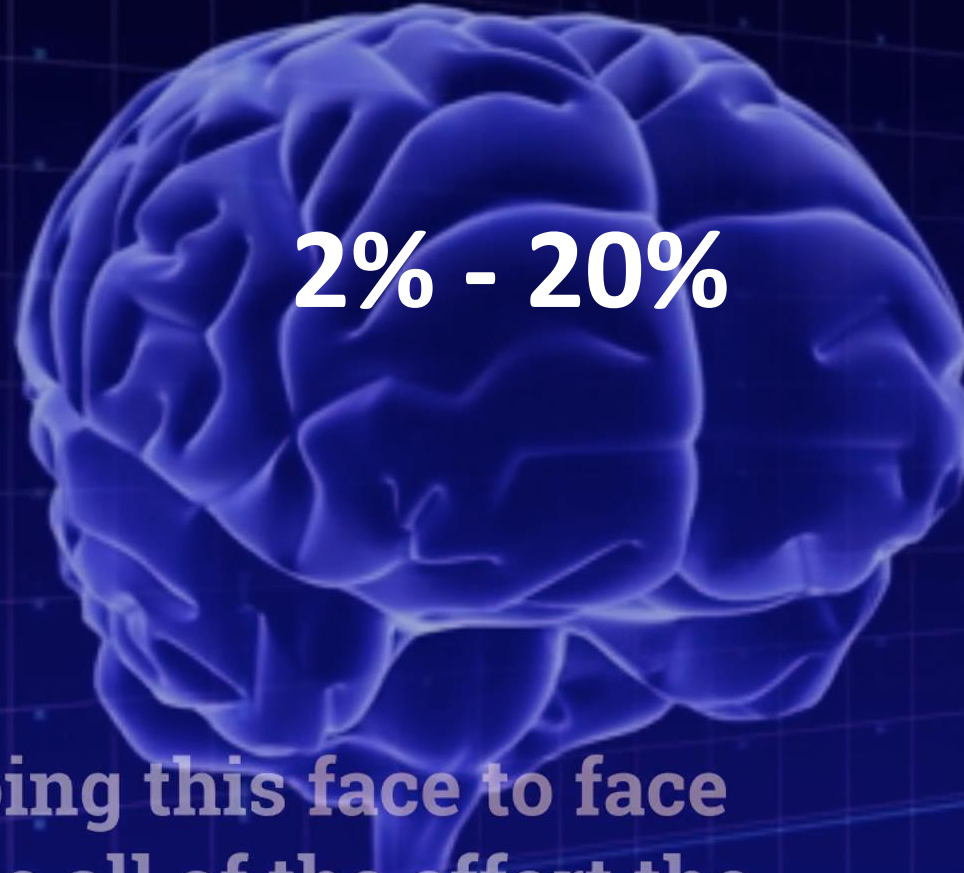
Difficulty in focusing and remembering information

Constant negative thoughts about oneself and others and the future

Impacts engagement & satisfaction in work and life

- 
- A man with grey hair and a beard is shown in profile, looking at a tablet. The tablet screen displays a grid of 12 video thumbnails from a Zoom meeting, showing various participants. A silver webcam is visible on the desk in front of the tablet. A black text box with white text is overlaid on the bottom right of the image.
1. What is Zoom Fatigue
 2. Why does it happen
 3. How to avoid it

Video calls require more Focus and Energy



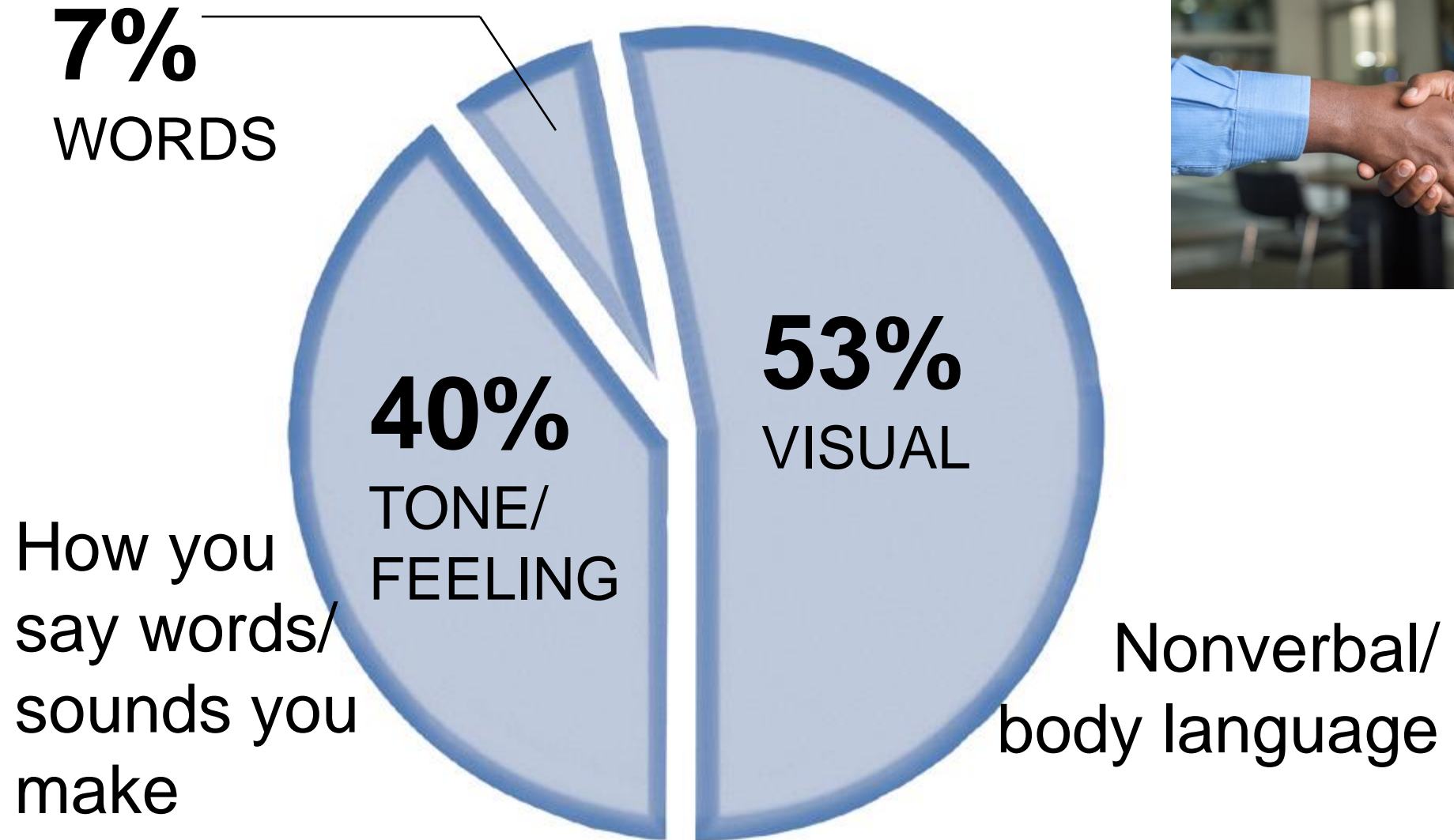
- We're so used to doing this face to face that we don't realize all of the effort the brain puts into daily conversations

Face to Face Communication



Photo by [Mimi Thian](#) on [Unsplash](#)

Face to Face Communication



Amy Cuddy – BEST TED talk



Screen Time?

How much time each day?

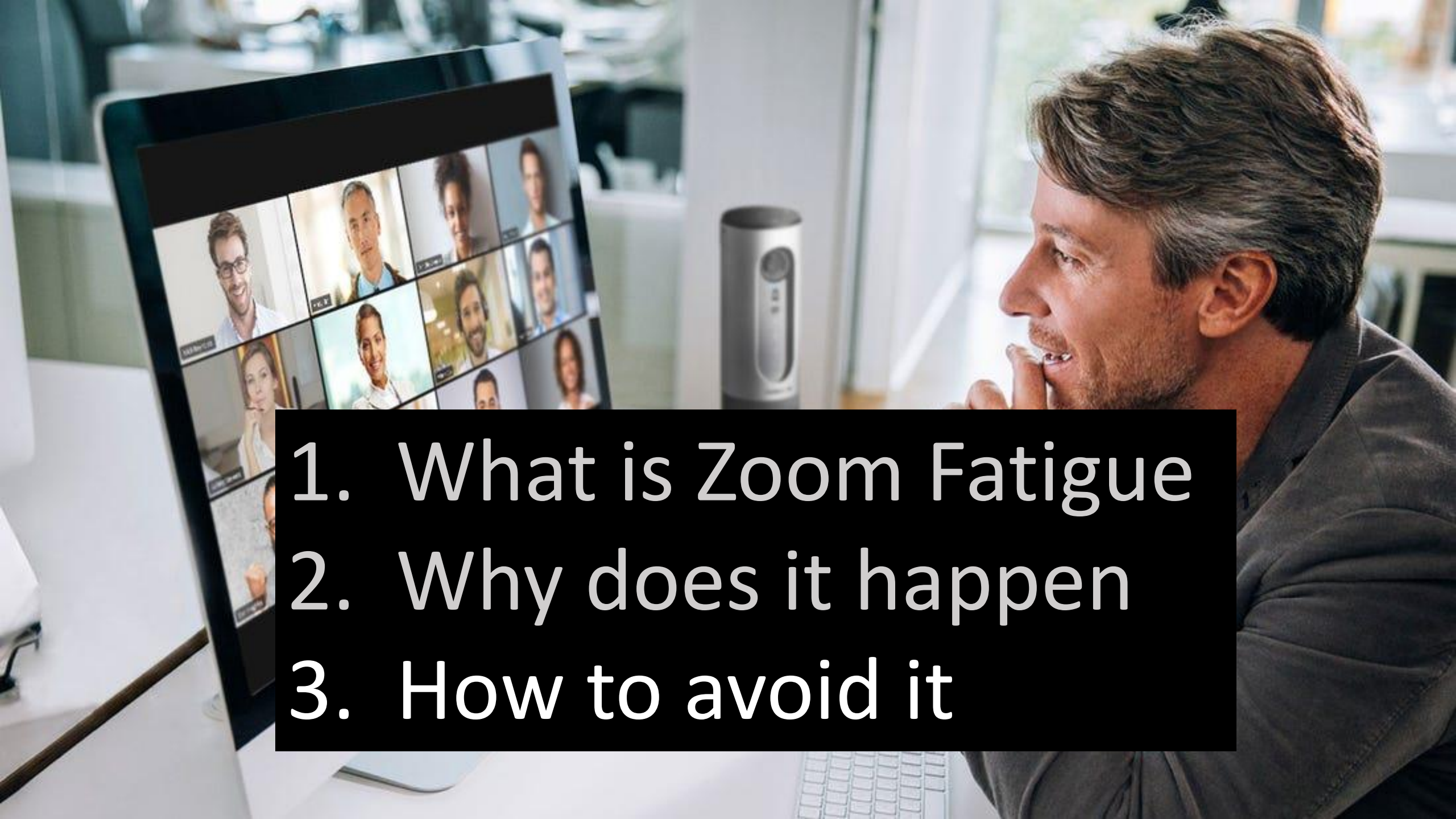
1 -2 hours

3 -4 hours

5 -6 hours

6 + hours



- 
- A man with grey hair and a beard is shown in profile, looking at a tablet. The tablet screen displays a grid of 12 video thumbnails from a Zoom meeting, showing various participants. A silver webcam is visible on the desk in front of the tablet. The background is a blurred office environment with windows and desks.
1. What is Zoom Fatigue
 2. Why does it happen
 3. How to avoid it

Why is this meeting only 40 mins?

Ever been a meeting that was longer than 40 mins?

What type of meeting was it?

After 3pm?

After 5pm?

Best time for a meeting?



Timing?



Start 9:00am

Start 11:04am

Start 16:06pm

Serious question:

Is there anything that is holding you back
from being 100% here?

If you are in the room, be in the room!

*Serious question:
Are you being 100% present?*



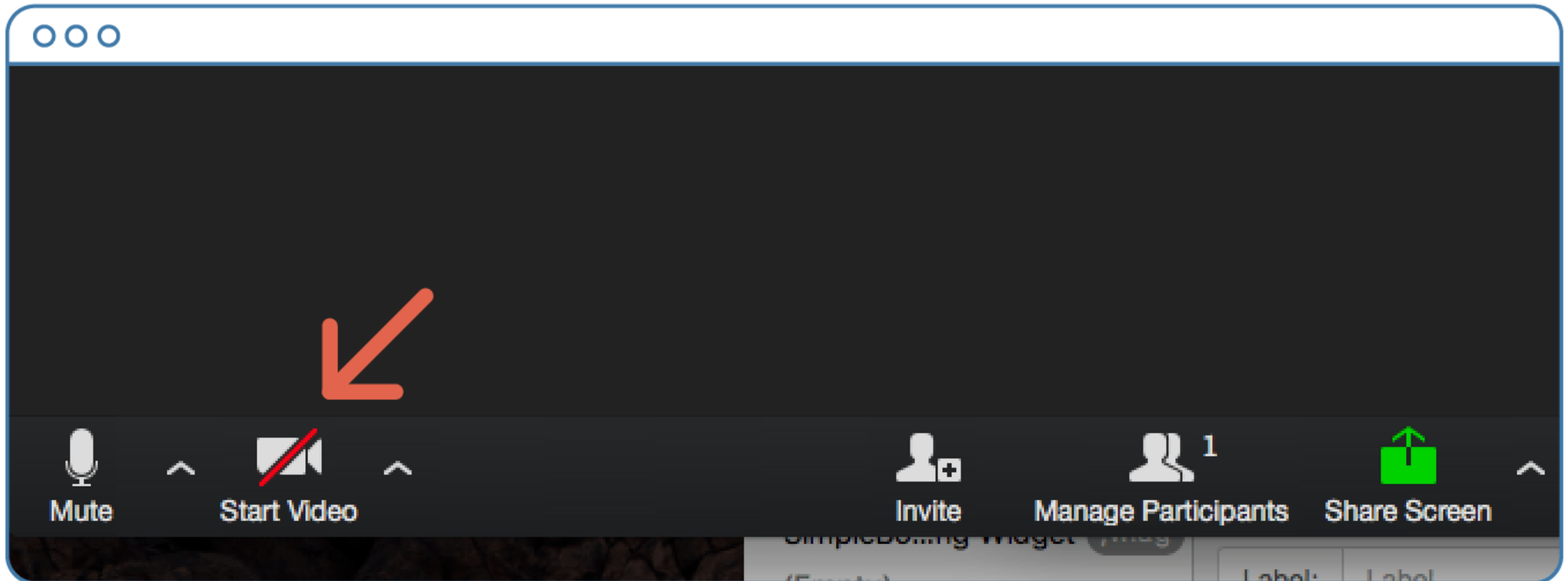


ASS/U/ME



Constantly Observing Yourself On Video Chats Is Exhausting

“Hide Self-view” Mode





Drastically Reduce Our Mobility



Sitting is
New Smoking



Cognitive Load Is Heavier

“Audio Only”



Photo by [Martin Sanchez](#) on [Unsplash](#)

Strategies to Avoid Zoom Fatigue

3 THINGS >

1

BEFORE

2

DURING

3

AFTER

What have We
LEARNED?

So far...

Actions and Commitments

Start doing...	Less of...	Keep doing...
		 <p data-bbox="2033 1100 2303 1243">TXTBOX: Aha's</p>



10 minutes Break

Photo by [Jonathan Pielmayer](#) on [Unsplash](#)

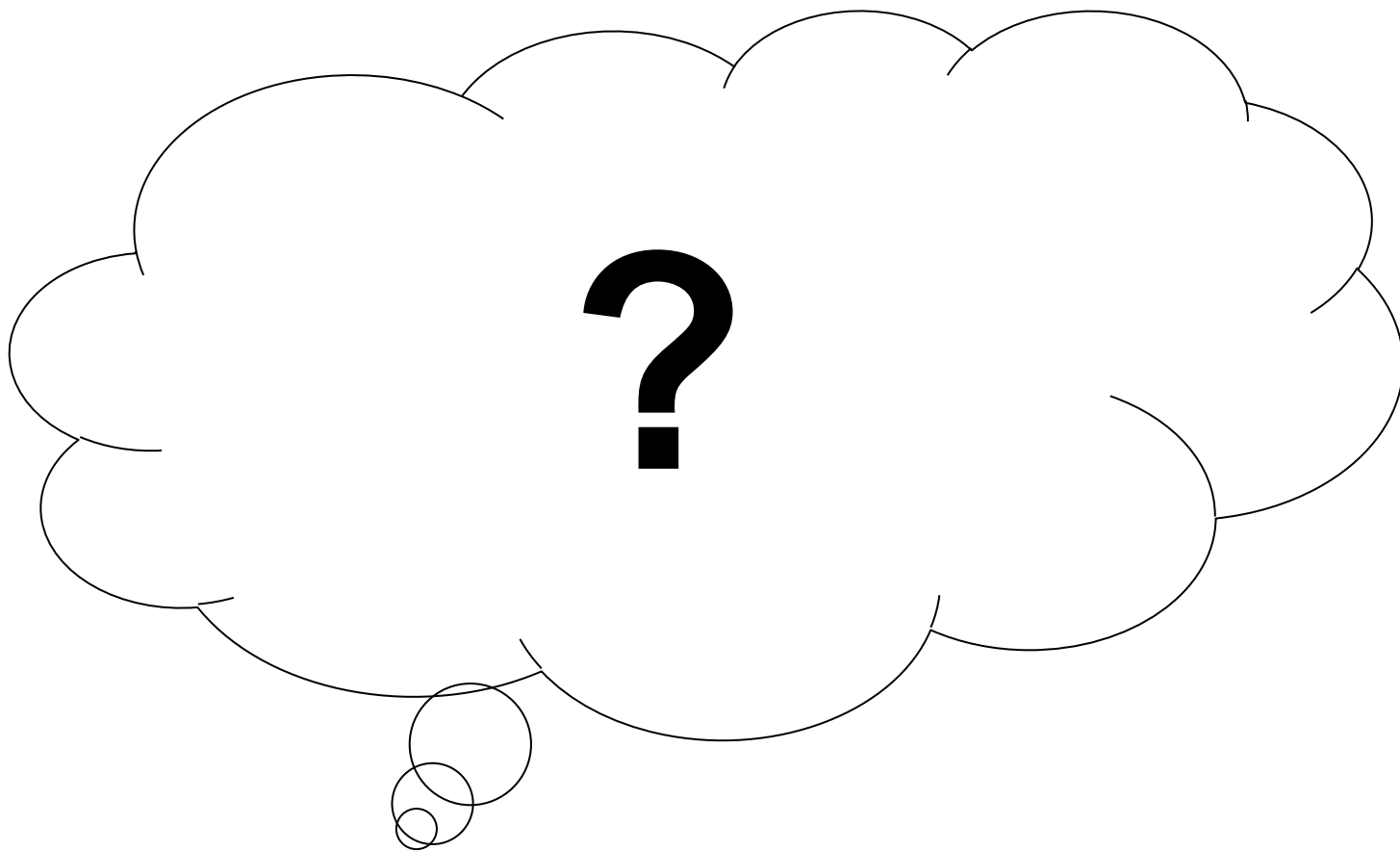
Zoom Fatigue!

how to avoid it

Welcome Back 😊



Association Européenne des
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Is a Meeting really, really, necessary?



“Time is Money”

11 MILLION

hours per day in meetings

52% of Meetings = NO AGENDA!

Meetings

Agenda

Challenge

No Agenda!

No Attend!



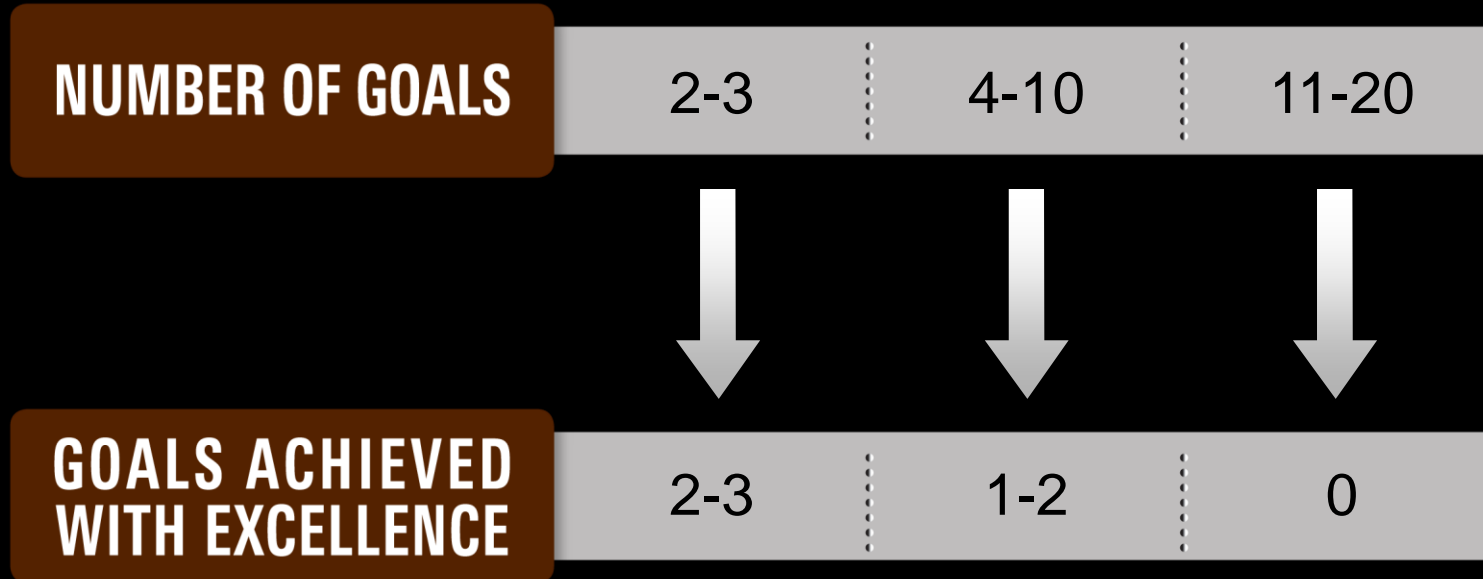
Where on Agenda?

~~AOB~~ ~~Other Business~~ ~~AOB~~ ~~Other Business~~

No! AOB

What if anything for our next meeting?

Number of Points



LAW OF DIMINISHING RETURNS
Especially on zero!





**LOOK UP
AT THE
CAMERA**



GoToWebinar Control Panel

Audio

Computer audio

Phone call

No audio

MUTED

Built-in Microphone

Built-in Output

Talking: Steve Lindsey

Questions

Hello & Welcome! By following our LinkedIn Page, you're helping us provide these webinars for free:
<https://www.linkedin.com/showcase/10534193>
Many thanks Steve Lindsey
<https://www.linkedin.com/in/stevelindseylincolnwest>

Type question here.

Send

Paul McGee: Feel the Fear and Still Thrive Anyway

Webinar ID# 489-392-723

This session is being recorded.

GoToWebinar

*How long can we
survive without food?*

30-40 days

*How long can we
survive without water?*

3-4 days

*How long can we
survive without sleep?*

3-4 nights

*How long can we
survive without oxygen?*

5-10 minutes



*A man who is physicaly fit
performs better at any job.*

**Fatigue
makes cowards
of us all.**

- Vince Lombardi

A = 1

T = 20

T = 20

I = 9

T = 20

U = 21

D = 4

E = 5

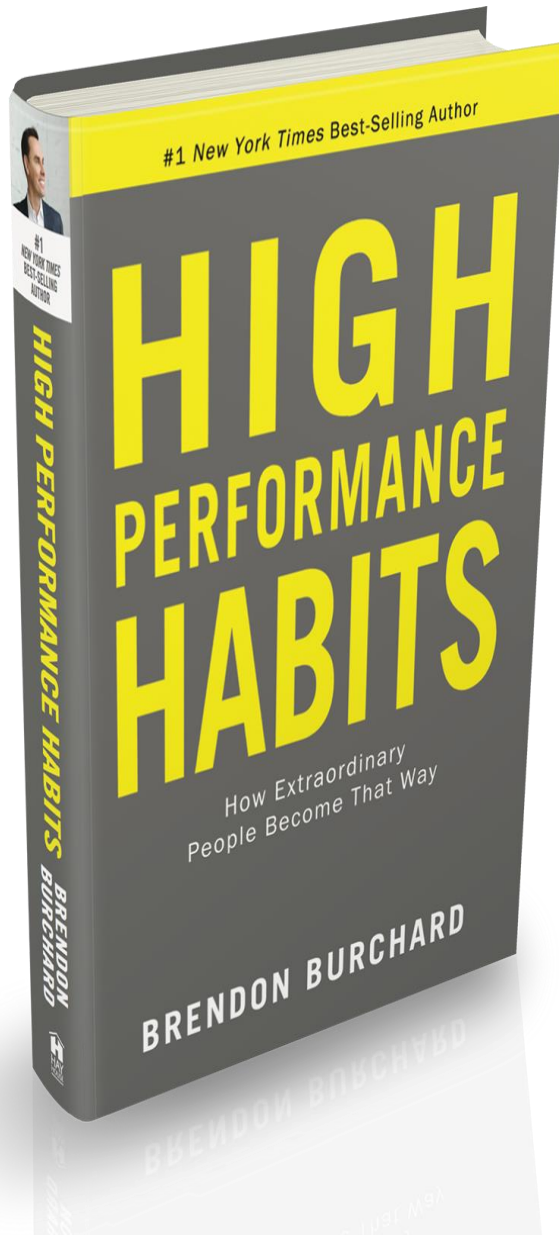
HOW
IMPORTANT
IS YOUR
ATTITUDE?

100%

Attitudes are contagious, are yours worth catching?





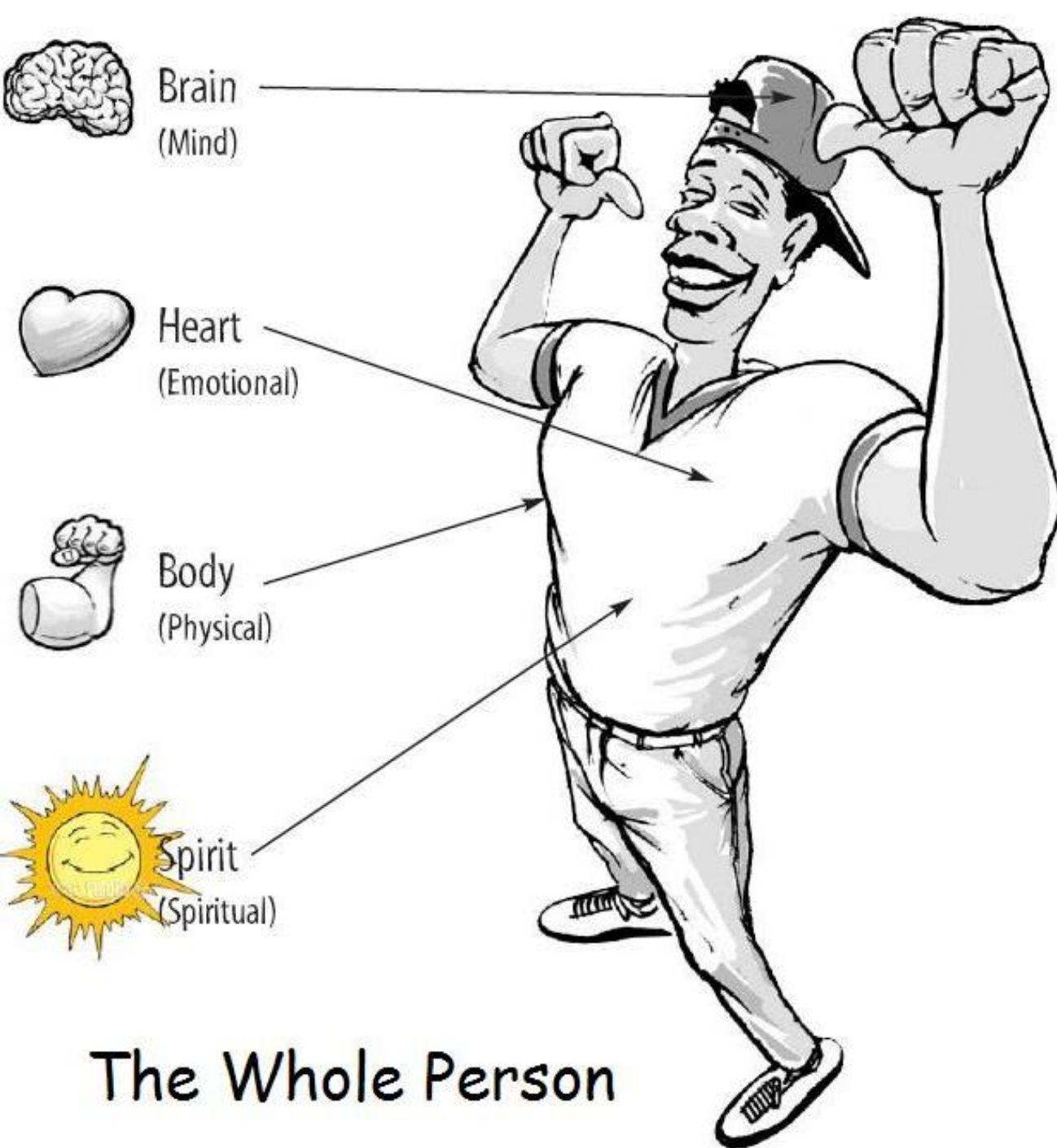


**We are what we
repeatedly do.
Excellence is not an act
but a habit. *Aristotle***



Practice makes Permanent





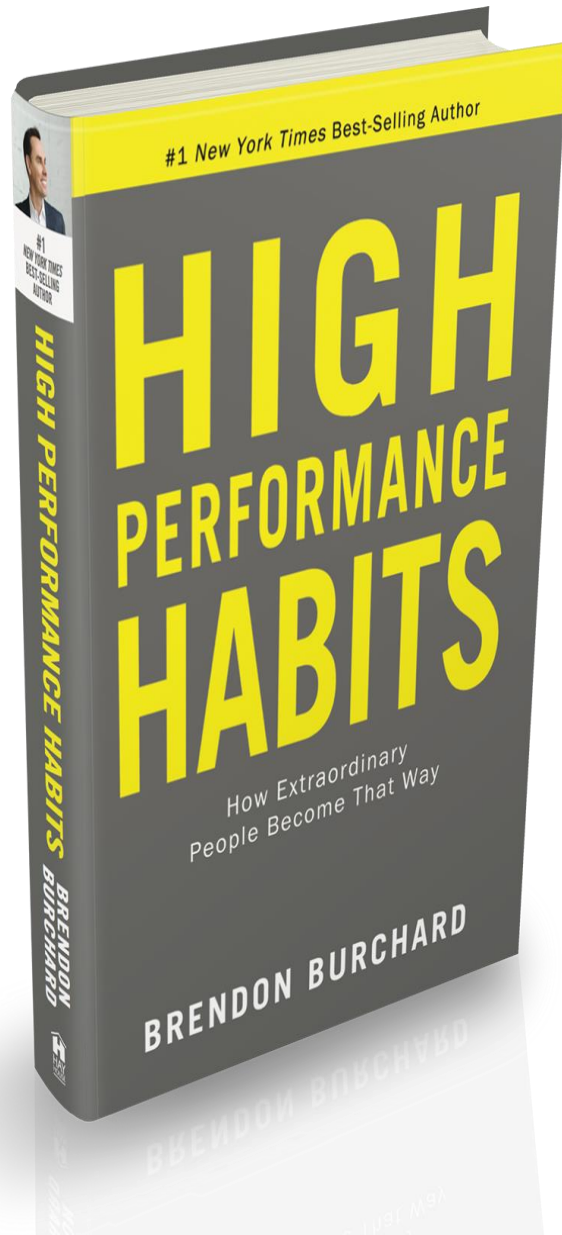
ECO SYSTEM

**Self Care is not selfish,
its essential!**

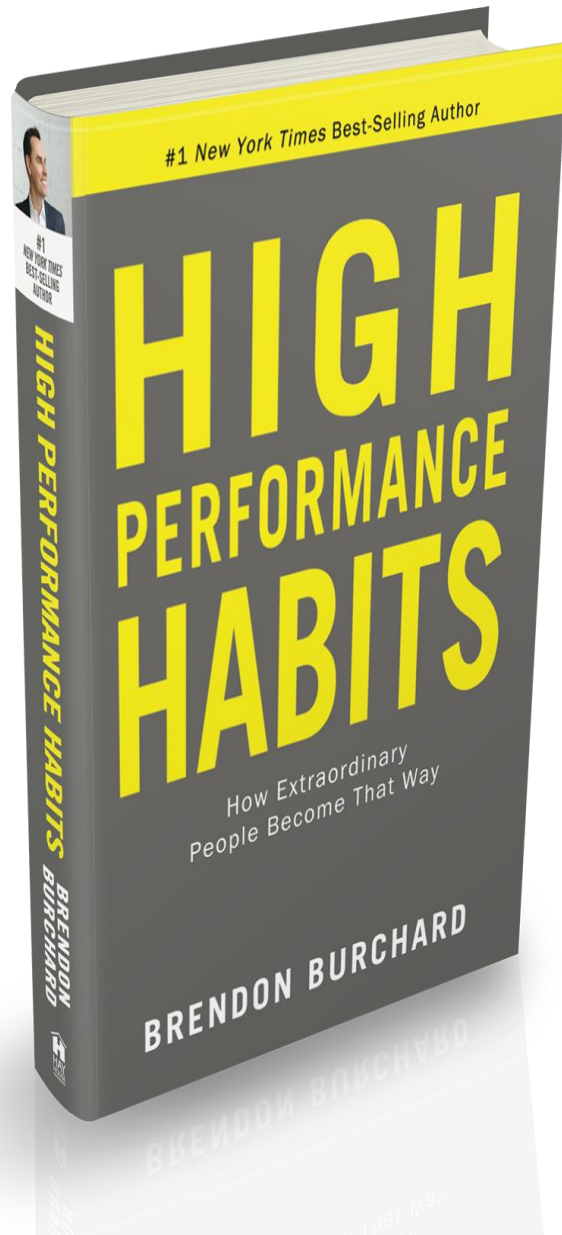




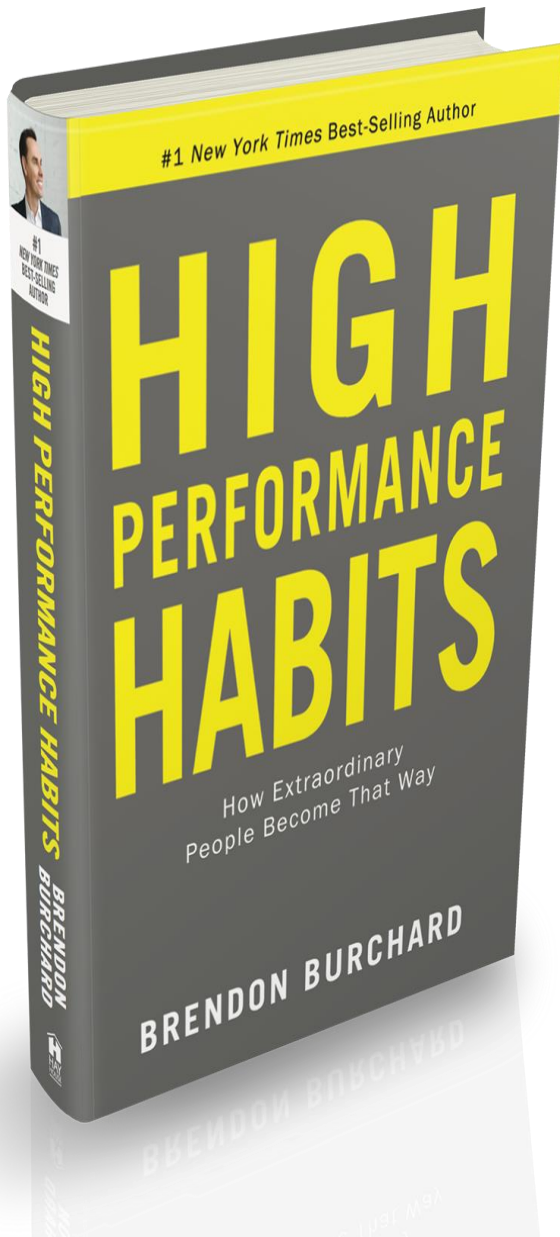
It's OK, not to be OK.
Humans have Needs
We Are Human Beings, Not Human Doings



If the demands of your life require you to **Learn Quickly, Manage Stress, Make Good Decisions, Solve Problems, Achieve Important Things, and keep a Positive Mood,** then **you must take**



If the demands of your life require you to **Learn Quickly, Manage Stress, Make Good Decisions, Solve Problems, Achieve Important Things, and keep a Positive Mood,** then you must take **Sleep, Exercise and Nutrition More Seriously**



Preserve,
Renew,
Enhance
your immune
system

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INCLUDES A
14-DAY PLAN

SLEEP



SMARTER

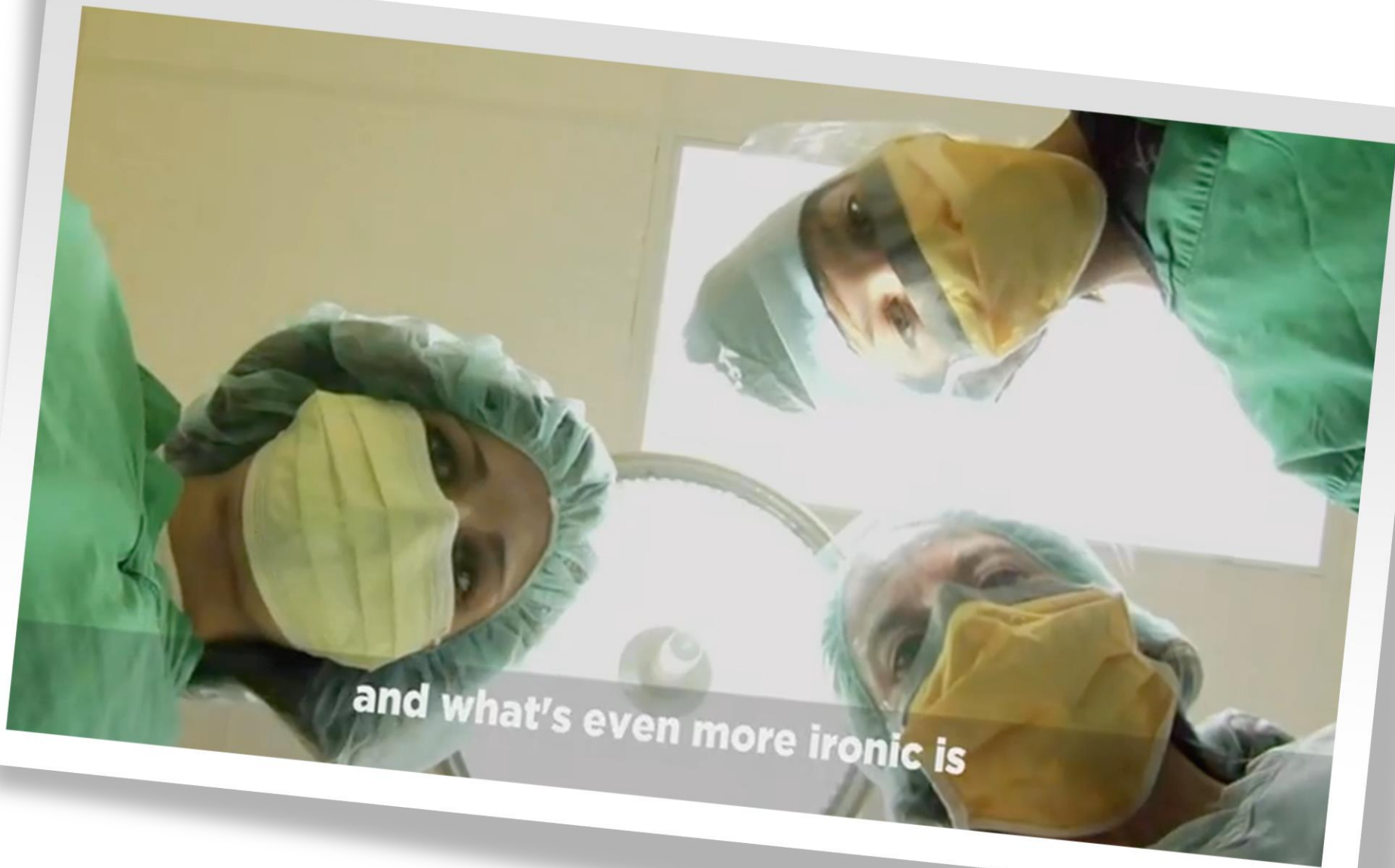
21 ESSENTIAL STRATEGIES
TO SLEEP YOUR WAY TO A BETTER BODY,
BETTER HEALTH, AND BIGGER SUCCESS

SHAWN STEVENSON

FOREWORD BY SARA GOTTFRIED, MD


SLEEP FOR SUCCESS

- Set a technology curfew
- Blackout curtains
- Room temp is 62 to 68 F
- Bedtime ritual



and what's even more ironic is

IF YOU DON'T MAKE
TIME FOR YOUR WELLNESS
YOU WILL BE FORCED TO
MAKE TIME FOR YOUR
ILLNESS. READ THAT
AGAIN.

A group of five fit people (three men and two women) are running in a gym. They are all smiling and looking forward. The man on the far left is wearing a light blue t-shirt and black shorts. The man next to him is wearing a dark blue t-shirt and black shorts. The woman in the center is wearing a black sports bra and black shorts. The woman next to her is wearing a black sports bra and black leggings. The man on the far right is wearing a dark blue t-shirt and black shorts. The background is a blurred gym setting with a concrete wall and floor.

Fitness = Productivity

**You will never out exercise
a poor diet!**

A muscular man is shown from the chest down, holding a brown paper bag filled with fresh vegetables. The bag is overflowing with green leafy lettuce, two bright red tomatoes, a dark green avocado, and a yellow bell pepper. The man's arms are crossed over the bag, and his hands are visible at the bottom. The background is a solid black, which makes the man's skin and the vibrant colors of the vegetables stand out. The overall image conveys a message of health and fitness through plant-based nutrition.

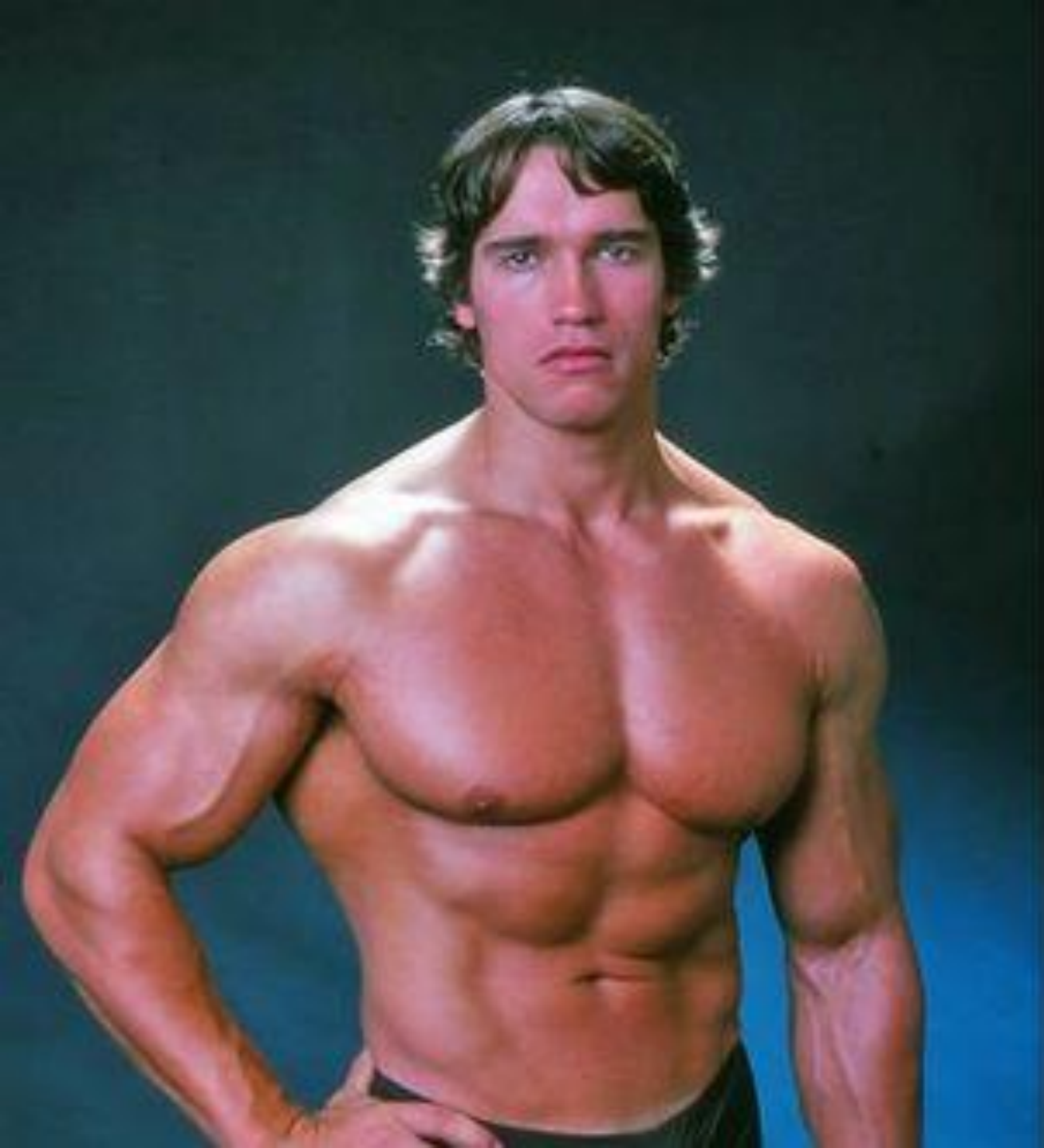
'THE GAME CHANGERS'

*Documentary Dispels
The Meat Protein Myth*



“If I had known this 50 years ago, I would have been twice as good”







When was the last time you saw an
You are as Strong as an OX!
OX eating meat?

THE GAME CHANGERS

www.riseofthevegan.com

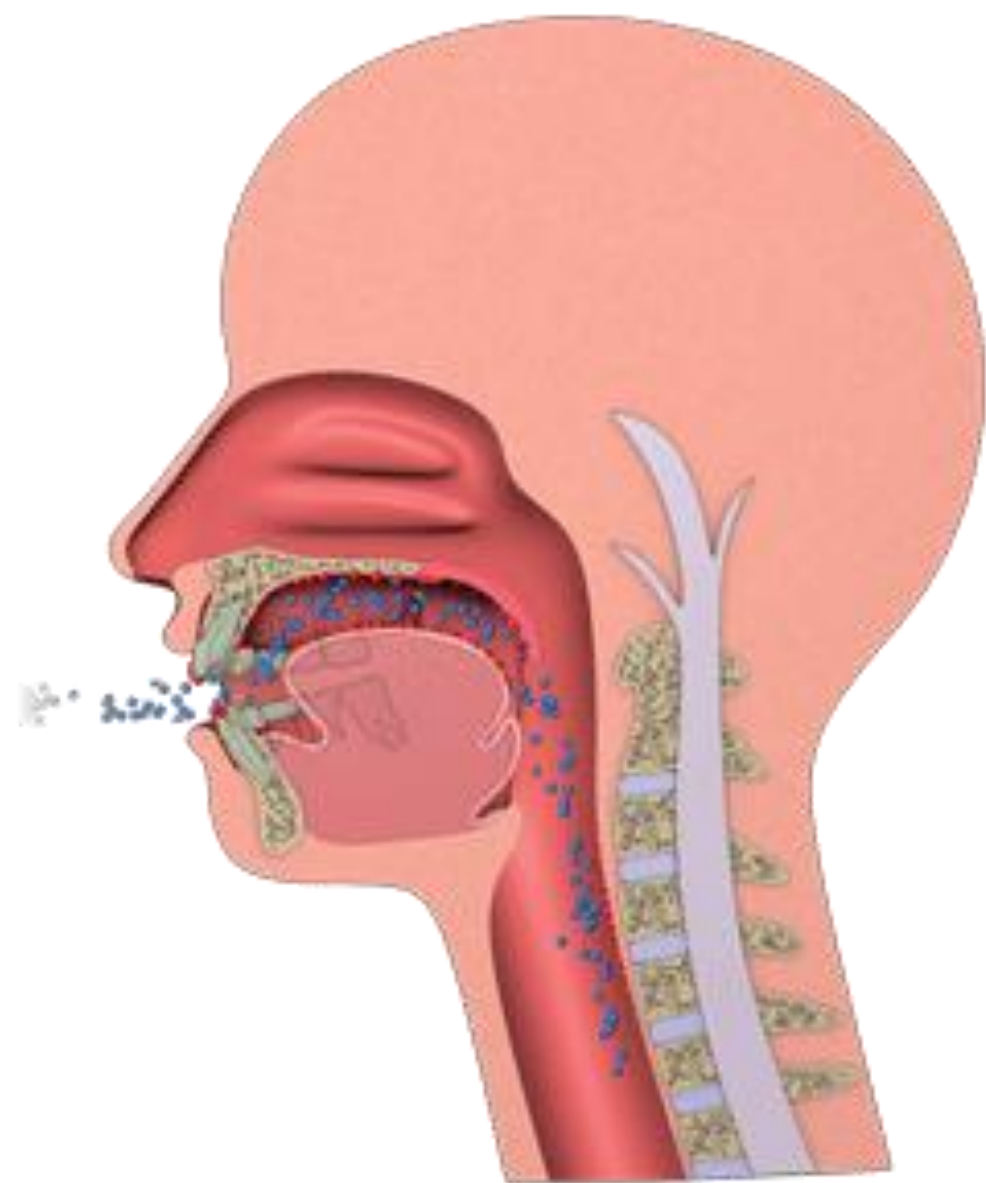
JAMES NESTOR



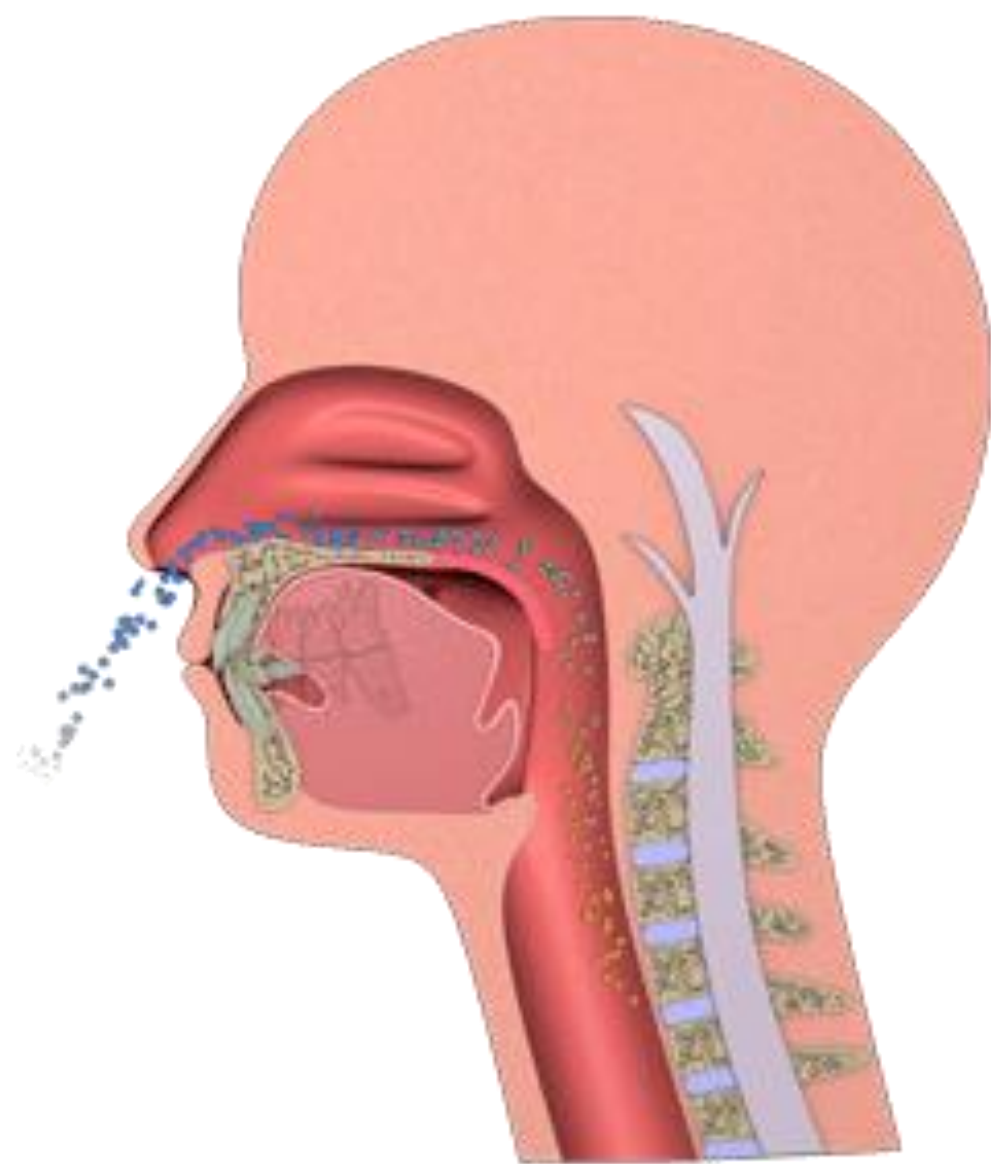
Breath

The New Science
of a Lost Art

'A transformative book that changes how you think about your body and mind' Joshua Foer, author of *Moonwalking with Einstein*



MOUTH BREATHING
Incorrect Breathing Habit



NOSE BREATHING
Correct Breathing Habit

JAMES NESTOR

Breath

The New Science
of a Lost Art

'A transformative book that changes how you think about your body and mind' Joshua Foer, author of *Moonwalking with Einstein*

Breathing

*You should breathe by
mouth, as often as
you eat by nose.*

Slangen en Ladders



A close-up photograph of two hands, palms up, cupped together. The hands are light-skinned and appear to be belonging to a person wearing a dark blue long-sleeved shirt. The background is blurred, showing a wooden surface. Overlaid on the image are two semi-transparent dark grey rectangular boxes containing white text. The top box contains the words 'Designed...', 'Engineered...', and 'Endowed...'. The bottom box contains the words 'Keep Believing...', 'Keep Hoping...', and 'Keep Going...'.

**Designed...
Engineered...
Endowed...**

**Keep Believing...
Keep Hoping...
Keep Going...**

Free coaching call



Jim.hetherton@gmail.com



Photo by [Mike Tinnion](#) on [Unsplash](#)



***Really
productive™***

Jim Hetherton

Chief Productivity Ninja

 **+44 (0) 7766 600 985**

 **Jim.hetherton@gmail.com**



Thank you!



Pop your questions in the chat box...