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Zoom Burnout - It's a Thing!

How to avoid being a Zoombie!



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Presenters for this Session

Beth Ponder



Robin Booth



Tracy Hendrix





Introduction

Participants will learn:

1. How the remote meeting world affects the brain and the body
2. Practical strategies for combating Zoom fatigue and exhaustion



So much of life can happen in the months while we've been Zooming.



What is Zoom Fatigue?

Zoom versus Face to Face - What's the big deal?





It's more than JUST Zoom....

.....it's the onslaught of converging events - major events.





The Lawless Wild, Wild West.....

- Our new social and work lives are lawless, with few guidelines and new unwritten rules!





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Brain Drain



Freepix.com



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Are they really listening to me or reading email?



- You never know because the eyes are looking away in both scenarios.

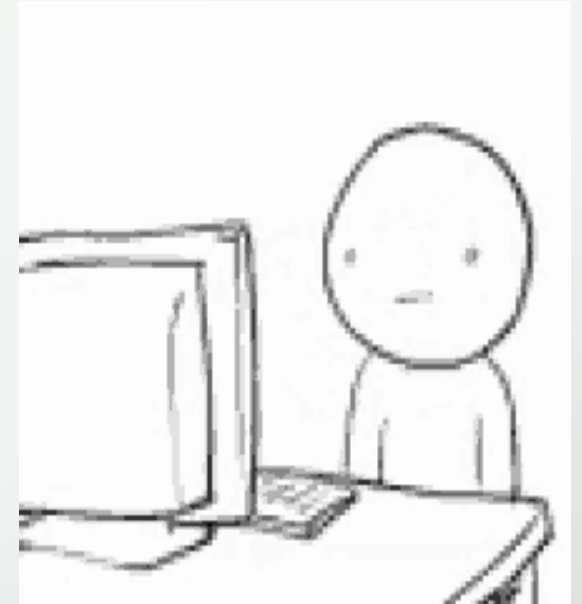


Brains on Overdrive

"Video chats mean we need to work hard to process non-verbal cues like facial expressions, the tone and pitch of the voice, and body language; paying more attention to these consumes a lot of energy.

Our minds are together when our bodies feel we're not. You cannot relax into the conversation naturally."

- Gianpiero Petriglieri



Tenor.media.com



The Stress of Silence

- Delays on phone or conferencing systems of 1.2 seconds made people perceive the responder as less friendly or focused.
- Silence on a video conferencing call creates anxiety but in person there is a natural rhythm to a conversation.





Physical and Emotional Effects

Health issues

- ✓ Headache
- ✓ Backache
- ✓ Carpal tunnel
- ✓ Eye strain from computer usage
- ✓ Too much sitting
- ✓ Back strain
- ✓ Frozen shoulders

Burnout

- ✓ Exhaustion
- ✓ Depression
- ✓ Stress





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Can You Relate?





To Tell the Truth

Time for a Mentimeter Activity!

[Link to mentimeter activity](#)

What are some of the physical/mental *effects/symptoms* you've experienced?



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Find Your Happy Place



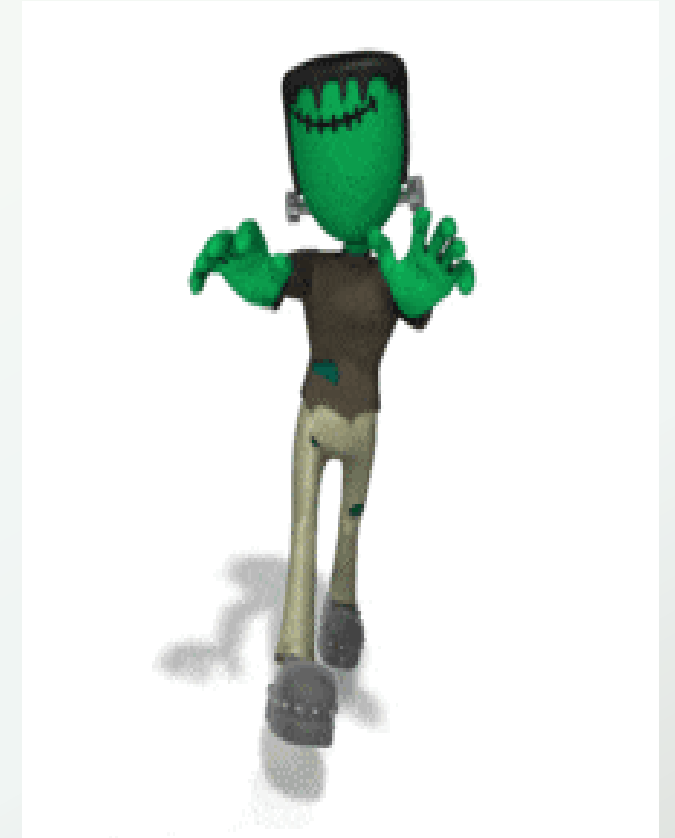
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Strategies to Avoid Being a 'Zoombie'

Reduce Stimuli

- Reduce use of videos
- Manage your image
- Look away
- Be your own advocate

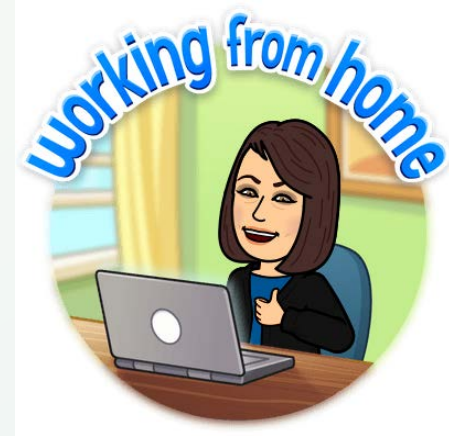




Create an Alter Ego

Bitmoji: [Link to the bitmoji webpage](#)

Jib Jab: [Link to jibjab webpage](#)



Jibjab.com





Avoid Multitasking



Bing Creative Commons



It's not all Zoom or Doom

- ✓ Schedule non-negotiable “Zoom-free time” for yourself
- ✓ Does it really need to be a Zoom meeting?
- ✓ Take Breaks





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Importance of Zoom Meetings....



Picture by Beth Ponder



Calling all Zoomers

- ✓ Determine necessity of meeting
- ✓ Agenda
- ✓ Breaks
- ✓ Speedy meeting
- ✓ Energizers
- ✓ Check in meetings with staff





Burnout

"People are burned out on recurring conference calls that don't feel productive. Being connected doesn't mean video streaming all day with your colleagues; it means understanding your role on the project, or in the business, and having clarity around your contribution to the team goal."

- Hayes Drumwright





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Avoid Burnout

Unplug

Relax

Recharge



Picture by Robin Booth



Resilience

“Resilience is not about bouncing back.
It’s about growing through.”

Eileen McDargh





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Same Storms, Different Boats





Developing Resilience

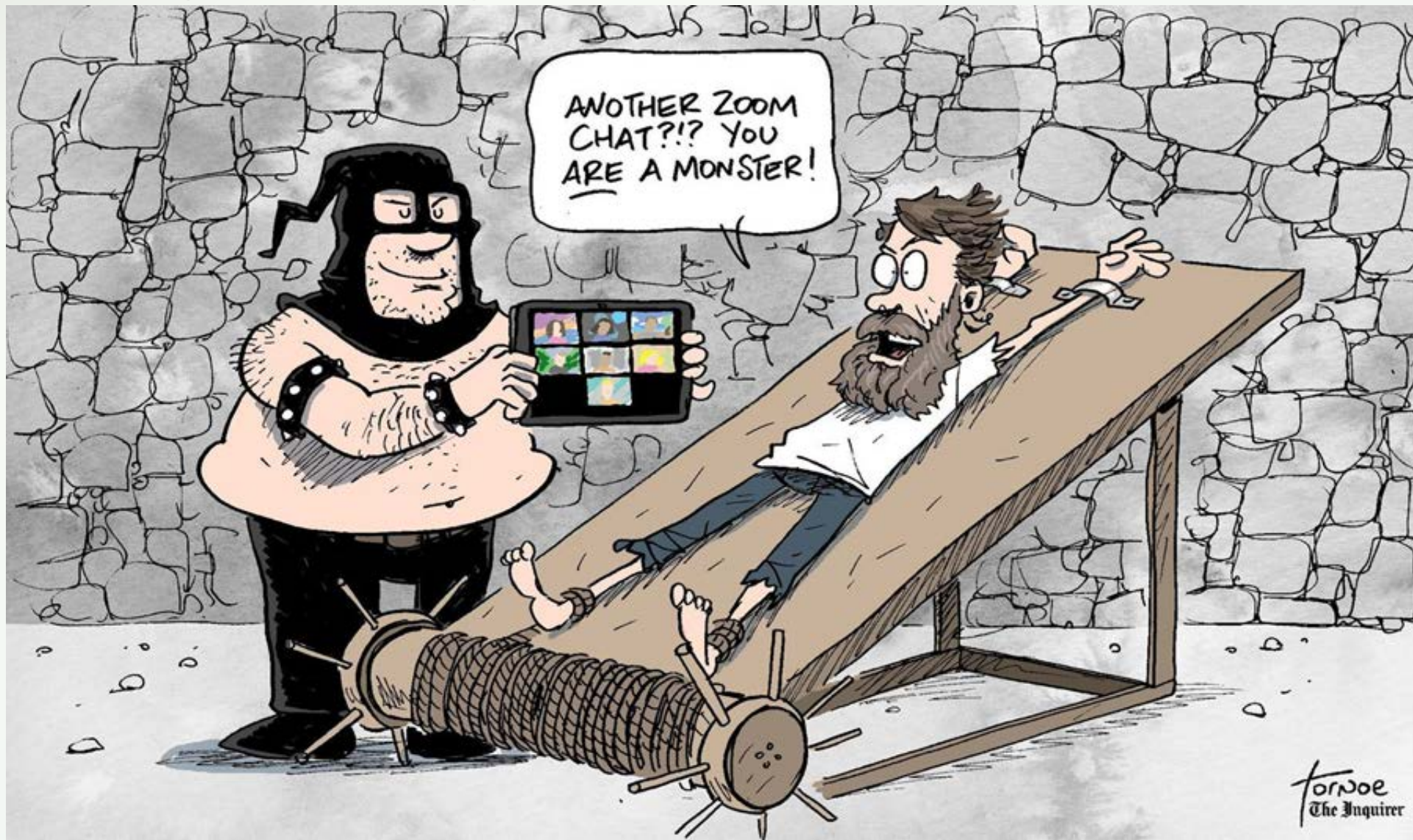
1. Stop, look and listen
2. Set boundaries or be de-fenceless
3. Know your energy drainers and maintainer
4. Routine can bring comfort
5. Set Limits between work and home





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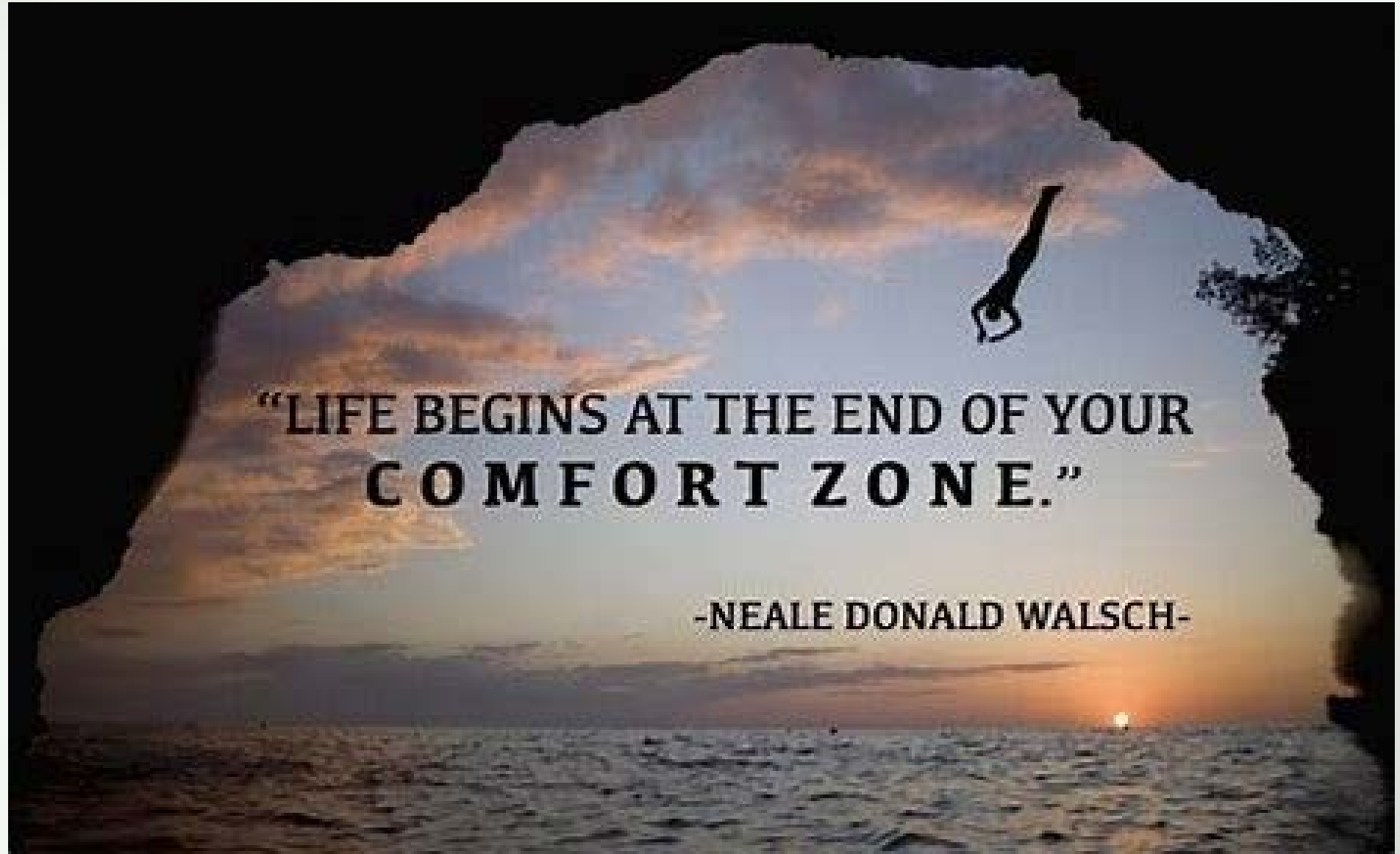
Laughter Lightens the Load





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Distress and Eustress





What resilience practices help you navigate burnout?

Time for a Mentimeter Activity

[Link to mentimeter activity](#)



Thank you for attending our session!

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