

# Zoom Fatigue Articles

## 1. Are You a Victim of Zoom Fatigue? *Inside Higher Education*

<https://www.insidehighered.com/digital-learning/blogs/online-trending-now/are-you-victim-zoom-fatigue>

Researchers are examining the phenomenon called “Zoom fatigue,” an array of physical and psychological factors that combine to make our synchronous online communications **less effective and wrought with discomfort**.

Conversations on calls **are less dynamic**, and the proverbial “talking stick” gets passed **less often**.

Among [their suggestions](#):

Having your screen off to the side, instead of straight ahead, could also **help your concentration**, particularly in group meetings. Other suggestions included **making clear notes for shared files** so that others can avoid information overload. Additionally, taking time during meetings to catch up before diving into business. “Spend some time to actually check into people's wellbeing,” she urges. “It’s a way to reconnect us with the world, and to maintain trust and **reduce fatigue and concern**.” Building transition periods in between video meetings can also help refresh us -- **try stretching, having a drink or doing a bit of exercise**, our experts say.

## 2. Zoom Fatigue’ is Real. Here’s Why You’re Feeling It, and What You Can Do About It. *Northeastern University News*

<https://news.northeastern.edu/2020/05/11/zoom-fatigue-is-real-heres-why-youre-feeling-it-and-what-you-can-do-about-it/>

But for all its benefits, our reliance upon video during isolation has spawned a surprising new problem: Being on so many video conferences is exhausting. That’s because many of the **nonverbal cues** that we typically rely upon during in-person conversations—eye contact, subtle shifts that indicate someone is about to speak—**are out the window**, says [Laura Dudley](#), a behavior analyst at Northeastern University.

The phenomenon has become known as [Zoom fatigue](#), and Dudley, who is an associate clinical professor and director of the applied behavior analysis programs, says she’s experienced it herself.

**Delays on phone or conferencing systems of 1.2 seconds made people perceive the responder as less friendly or focused.**

Silence is another challenge, she adds. “Silence creates a natural rhythm in a real-life conversation. However, when it happens in a video call, you became **anxious about the technology**.” It also makes people uncomfortable.

### 3. How to Combat Zoom Fatigue. *Harvard Business Review*

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

Why do we find video calls so draining? In part, it’s because they **force us to focus more intently** on conversations in order to absorb information. They also require us to stare directly at a screen for minutes at a time **without any visual or mental break, which is tiring**. To make video calls less exhausting for yourself, try using a few research-based tips.

Six suggestions on how to overcome fatigue.

1. Avoid Multitasking
2. Build in breaks
3. Reduce onscreen stimuli
4. Make virtual social events opt-in
5. Switch to phone calls or email
6. For external calls, avoid defaulting to video, especially if you don’t know each other well

### 4. The reason Zoom calls drain your energy. *British Broadcasting Corporation News*

<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

Being on a video call **requires more focus** than a face-to-face chat, says Petriglieri. Video chats mean **we need to work harder** 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. That dissonance, which causes people to have conflicting feelings, is exhausting. You cannot relax into the conversation naturally,” he says.

5. This Is Why You Get Zoom Fatigue. *Brainfacts.org*

<https://www.brainfacts.org/neuroscience-in-society/tech-and-the-brain/2020/this-is-why-you-get-zoom-fatigue-092320>

Group video chats — especially Zoom’s Brady Bunch-like gallery view — **present an unusual challenge for our brain’s visual attention system**, says Sabine Kastner, a neuroscientist at Princeton University. During in-person conversations, our attention focuses on the person we’re speaking with; everyone else in the room fades into the background. “Whereas in a Zoom meeting, it seems that everybody is always there,” she says. “They are kind of a **huge distraction that is not so easy to filter out.**”

In a 2008 study, doctors who watched lectures via live video feed said they **felt more stressed and distracted and had a harder time following the speaker** than doctors who attended the lectures in person.

***Other Resources:***

- Trouble-Shooting “Zoom Fatigue” in the Era of Telehealth. *American Psychological Association*

<https://www.apa.org/members/content/zoom-fatigue-slides.pdf>

**Keywords:** Burnout, Emotional exhaustion, Depersonalization, Suggestions for ergonomic supports

- Why Does Zoom Exhaust You? Science Has an Answer. *Wall Street Journal*  
[https://www.darley.com/documents/general\\_content/Why\\_Does\\_Zoom\\_Exhaust\\_You\\_Science\\_Has\\_an\\_Answer\\_-\\_WSJ.pdf](https://www.darley.com/documents/general_content/Why_Does_Zoom_Exhaust_You_Science_Has_an_Answer_-_WSJ.pdf)

**Keywords:** Synchrony, Image size, Electrical brain activity, Distortion

- A Neuropsychological Exploration of Zoom Fatigue. *Psychiatric Times*  
<https://www.psychiatristimes.com/view/psychological-exploration-zoom-fatigue>

**Keywords:** Alertness, Fatigue, Elevated cognitive effort, High Cost, Low reward