

FIGHTING ZOOM FATIGUE

Have you had the thought, *I simply cannot do another one of these Zoom calls!?*

Your eyes are glazed, your head aches, and your whole body is tired from doing . . . well, nothing—but sitting in front of the computer. You are exhausted. Zoom fatigue is a real thing. In this season, you've probably experienced it. But when going digital may be the only way you can connect with others, it's worth the fight. The great news is that we have some ways to help.

SHORTEN GROUP TIME.

Our groups will typically meet 1.5–2 hours. For Zoom meetings, we recommend you reduce the time to about an hour or an hour and fifteen minutes.

HAVE A PLAN.

There's enough uncertainty in the world. Let's have a plan! Having a plan helps to set expectations and **met expectations = comfort**. Groups that consistently go with unstructured time often lose momentum and people lose the desire to be on the calls.

WATCH THE VIDEOS PRIOR TO GROUP TIME.

Leverage the time you are together to connect and engage; allow any passive things to be completed outside of group. This also helps with the shorter group time.

BUILD IN TIME FOR CONNECTING.

Just like you would in a regular group meeting, spend a little time connecting with one another on the front end. This helps people feel more comfortable and helps with adjusting. It can be as simple as asking a question like: If you could only have three apps on your phone, what would they be? Or, What is your favorite quarantine snack?

MAKE IT FUN.

Include fun icebreakers, check-ins with silly pics, or giveaways. Check out some [more resources](#) to help with the fun factor.

MIX IT UP.

Use other types of communication (GroupMe, texts, phone calls, and emails are great for prayer requests and check-ins to help build in touch points throughout the week).



DO NOT MULTITASK, WHEN POSSIBLE.

Multitasking requires more of you and adds to the brain drain. Each time you switch to something else, it takes time to adjust to the new thing and then to readjust back. No wonder we're fatigued! (This includes getting coffee or running to the bathroom!)

DO NOT LOOK AT YOUR FACE.

Seriously. Many of us were not born in the selfie generation, and we simply aren't comfortable looking at ourselves for long periods of time. Have you caught yourself on a call asking yourself, "What is my hair doing?" or maybe "Are my pores really that big?" Those distractions help add to the Zoom fatigue as they draw your thoughts away from the subject at hand. (See multitasking above.) Hide your face if you are hyper-aware of every detail of your face or background.

CLARIFY THE ORDER.

One of the bigger frustrations with digital platforms is talking over one another. To combat this, put in place a system to help clarify the order:

- When people are responding to questions, call on people by name.
- Have them utilize the raise-hand option and call on them.
- Utilize the chat feature and engage with the answers from there.

START ON TIME/END ON TIME.

This one goes under expectations. Remember, met expectations = comfort.

SET ASIDE TIME FOR GROUP.

Just because you will be on a Zoom call doesn't mean you should be driving somewhere or doing other things. Treat it like an in-person group meeting. Carve out the time for your relationships and spiritual growth—you deserve it! (This is one of those "when possible" sort of things. We realize sometimes it's the difference between being able to at least "listen in" or missing group entirely.)

