

How to Combat Zoom Fatigue



Like it or not, Zoom is here to stay. While it became necessary during the pandemic, zoom calls are most likely still a constant on your calendar. As digital closings become more prevalent, title professionals across the country may find themselves on video conferences for most of the day. We all know that tired feeling at the end of a day full of Zoom calls. In this new age of digital communication, it's essential to develop strategies to stay alert and at the top of your game on Zoom. Here are four tips to combat zoom fatigue:



1. Use Speaker View and Remove the Self View

These are the two easiest steps to improve your experience quickly. Multiple faces staring at you on the screen can produce a lot of anxiety and pressure during a call, even when you're not speaking. You may think people are looking at you and judging the messy room behind you, but more often, they're looking at the shot of themselves in the corner. Taking your own face off the screen and focusing your attention on the speaker will help you retain much more information from the call.



2. Avoid Multitasking

You're not always the one with the mic in a long zoom meeting with multiple people. As emails and other pressing work pour in during the call, it can be tempting to work on things outside the meeting. Resist the urge! Multitasking is proven to reduce memory and hurt productivity. While you may feel like you're getting ahead, you may be performing poorly on all the tasks in front of you and draining your energy while you're at it.



3. Take a Break

A 2021 study from Microsoft showed that multiple meetings with no breaks in between cause more stress, less focus, and less engagement throughout the meetings. So instead of scheduling back-to-back meetings, give yourself at least 10 minutes to reset your brain before your next zoom.



4. Make it a Phone Call

Video conferencing has become much more prevalent with remote work, but it does not have to be your default communication method. It is a great way to connect on a deeper level with clients, but it may not always be necessary for internal communication between co-workers. The next time you're about to schedule a zoom, try using a conference call line instead.