

What is virtual fatigue?

- It refers to the exhaustion you feel after any kind of video call or conference.
- The symptoms are similar what we tend to think of as exhaustion or burnout.
- It is caused by the increased cognitive demands of video conferencing communications.

How can it be combatted?

- Avoid multitasking
- Build breaks into your daily schedule
- Reduce onscreen stimuli
- Make virtual social events optional for guests
- Switch to phone calls or email
- For external calls, avoid defaulting to video, especially if you don't know each other well
- During conferences, schedule more frequent breaks than you would at in-person meetings

