What is virtual fatigue?

• It refers to the exhaustion you feel after any kind of video call or conference.
• The symptoms are similar to 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