

TOP 10 FACTS ABOUT ZOOM FATIGUE AND VIDEO CALLS

- **Zoom Boom:** During the COVID-19 pandemic, the use of Zoom skyrocketed by 2,900%. Daily meeting participants soared from 10 million in December 2019 to over 300 million by April 2020. That's a lot of people **hitting the ground running** with video calls!
- **Brain Drain:** Ever feel like **you're at the end of your rope** after a day of virtual meetings? You're not alone. Video calls can be more mentally exhausting than in-person meetings because our brains have to work harder to process non-verbal cues like facial expressions and body language.
- **Mirror Anxiety:** Seeing yourself on screen during video calls can increase anxiety and self-consciousness. This phenomenon, known as mirror anxiety, can make you feel like **you're constantly in the hot seat**, leading to more stress and fatigue.
- **Screen Time Surge:** Adults reported an average increase of over 50% in screen time during the pandemic. This surge is largely due to the shift to virtual meetings and online learning, leaving many feeling **burned out** and **running on empty**.
- **Eye Strain:** Prolonged video calls can cause digital eye strain, also known as computer vision syndrome. Symptoms include headaches, blurred vision, and dry eyes, affecting over 50% of people who work on computers. No wonder so many of us **hit the wall** after a day of Zoom calls!
- **Social Exhaustion:** It's often easy to feel burned out after extended periods of communication. Human interaction, even virtually, is inherently exhausting due to the social nature of our brains. This is exacerbated in video calls, where the usual social cues are harder to read, increasing cognitive load and making us feel **spread too thin**.
- **Virtual Dress Code:** Believe it or not, dressing up for video calls can actually improve your performance and reduce fatigue. Wearing professional attire can make you feel more competent and focused, helping to boost your confidence during virtual meetings. On the other hand, if you neglect this, it could affect your professional image, leading to fewer job opportunities or promotions, and you might soon **feel the pinch** financially.
- **Nature Breaks:** Taking short breaks to look at nature or even images of nature can significantly reduce stress and improve focus during prolonged periods of screen time. It's a simple way to reset and recharge before your next call, so you don't feel like you're constantly **jumping through hoops** just to stay alert.
- **Multitasking Myth:** People are 40% less productive when they try to multitask during video calls. The brain cannot effectively handle multiple streams of information simultaneously, leading to decreased efficiency and more fatigue. Instead of **burning the midnight oil** trying to catch up, focus on one task at a time to maintain productivity and energy.
- **The 20-20-20 Rule:** To combat eye strain, experts recommend the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds. This practice can help reduce eye fatigue and keep you feeling more refreshed throughout the day.



1. Look through the highlighted phrases in the text and match them with the following meanings.

1 phrase that means "doing complicated series of things"

1 phrase that means "very tired from working too hard"

1 phrase that means "under pressure or scrutiny"

3 phrases that mean "having no energy/strength left"

1 phrase that means "doing too many things at once"

1 phrase that means "facing financial difficulties"

1 phrase that means "starting something energetically"

1 phrase that means "working late into the night"

2. Fill in the blanks in the following sentences with the appropriate idiom from Task 1.

A: You've been working late every night this week. Aren't you exhausted?

B: Yes, I've had to _____ just to meet all these deadlines.

A: How's your first week on the job going?

B: It's been great! I really wanted to make a good impression, so I _____.

A: The boss really grilled you in that meeting!

B: Tell me about it. I was definitely _____ the whole time.

A: I've been managing three projects simultaneously, and I'm starting to _____.

B: You need to delegate some tasks before you burn out.

A: After working on this project non-stop, I've finally _____ and can't seem to push through anymore.

B: Maybe take a break and come back to it later.



A: I'm feeling completely _____ after all these back-to-back meetings.

B: You should really take some time to rest.

A: They're cutting budgets across all departments.

B: Yeah, I'm really starting to _____ with these new changes.

A: The application process for that grant was intense!

B: I had to _____ just to get everything submitted on time.

A: I'm just so frustrated! After all this work, I feel like I'm _____.

B: It's okay to feel overwhelmed. Take a step back and prioritise.

A: Why do you look so tired?

B: I've been _____ with work and family obligations, and it's taking a toll on me.

1. Match each idiom on the left with its opposite phrase on the right. Write the corresponding letter in the blank next to each idiom.



1. Burn the midnight oil ____

a) Break through

2. To be in the hot seat ____

b) Have a smooth ride

3. To be at the end of your rope ____

c) Start off slowly

4. To feel running on empty ____

d) Call it a day

5. To hit the wall ____

e) Focus on one thing

6. To feel burned out ____

f) Be in control

7. To spread yourself too thin ____

g) Be full of energy

8. To feel the pinch ____

h) Feel refreshed

9. To jump through hoops ____

i) Have plenty of resources (money)

10. To hit the ground running ____

j) Be off the hook