Zoom Fatigue ‘First Response’ Plan

**1. RECOGNISING**

What particular aspects of videoconferencing trigger Zoom fatigue for you?

*E.g. lots of faces, seeing myself*

What thoughts, feelings, body sensations, and behaviours come up?

*E.g. ‘I don’t want to be here’, anxiety, restlessness, phone-checking*

In your experience, what ways of responding to Zoom fatigue make things worse?

*E.g. phone-checking, trying to ‘wind down’ afterwards with Netflix*

**2. RESPONDING**

What ways of responding to Zoom fatigue do you already find helpful?

*E.g. go for a walk after meetings; switching off camera*

What practices or concepts have you learned from today’s session that would be helpful first responses to Zoom fatigue?

*E.g. grounding, use of peripheral vision*