

Weekly Wisdom

Grow the Green for You and Your Team



"You're muted."

-- Every Zoom user ever

Beat Zoom Fatigue

Zoom fatigue rises with frequency & duration of Zoom meetings and is linked to depression, anxiety, stress & dissatisfaction with life.

Zoom fatigue is an "unnecessary stressor." We can do better!

- Practice Zoom 20-20s: Every 20 minutes, look 20 feet away for 20 seconds.
- Keep virtual meetings short & to the point.
- Practice good Zoom hygiene: set boundaries, turn off your camera when you can. On your Zoomiest days, schedule real time with real people [here!](#)