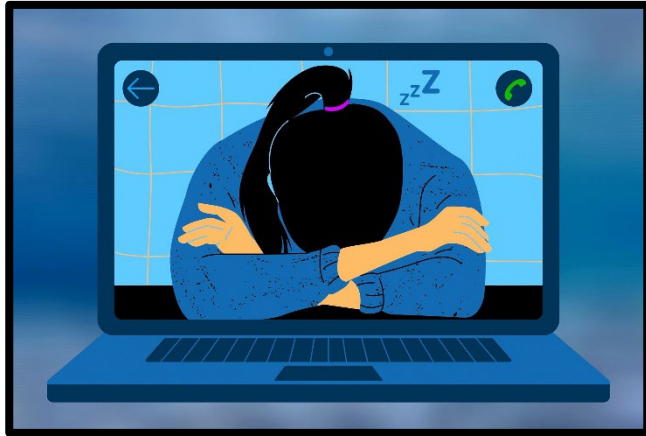


# Virtual Meeting Fatigue Busters



Maintaining our in-person relationships on a virtual level is a struggle! Keeping up with Zoom meetings, social media and virtual connections as we manage our personal and professional lives during the COVID pandemic is annoying, exasperating and draining! Thanks to some research shared during a recent

Virtual Education Program session from our very own AAP Member Dr. Lauren Pengrin, we learned more about WHY we are so tired and what we can do about it! We hope you can find respite in the tips she shared.

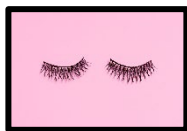
We encourage you to contribute to the conversation. We learn best from each other – please share your thoughts and ideas on how to mitigate Virtual Meeting Fatigue to help us all! [Click here](#) to jump into the conversation in the AAP Member Forum!

## **Acknowledge the fatigue!**

We can't improve it if we don't talk about it.

## **Take frequent breaks.**

Get up to stretch and attend to your needs every 1-2 hours.



## **Rest your eyes.**

Take time every 2 hours to look out the window or into another room and focus on objects farther away.

## **Don't bite off more than you can chew.**

Set reasonable goals for how much you can meaningfully participate in one day.

## **Turn off your camera.**

When you need a break, turn off your camera.

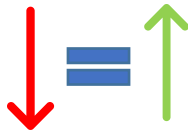


**Hide self-view.**

It is cognitively demanding to constantly view our mirror image.

**Use speaker mode when able.**

It is less tiring to look at one virtual face at a time.

**Less is more.**

Avoid the impulse to over exaggerate your non-verbal communication on screen.

**Limit other distractions on your screen.**

Exit out of email or other platforms to avoid multitasking.

**Take advantage of the social aspects of the meeting.**

Discussion groups, workshops, social events.

**These tips provided by AAP Member:**

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