

MAKE VIDEO CALLS LESS TIRING & MORE FUN!



CLOSE YOUR DOOR & PUT A SIGN UP



HOW TO COMBAT 'TEAMS FATIGUE'

5 RESEARCH-BASED TIPS FROM THE HARVARD BUSINESS REVIEW

TEAMS

1 AVOID MULTI-TASKING



5 CHECK YOU NEED TO TEAMS

DON'T TRY TO DO MORE IS LESS TIME - YOU CAN LOSE UP TO 40% OF YOUR PRODUCTIVITY

CHECK YOUR CALENDAR - COULD YOU PHONE... EMAIL... USE SLACK ETC. INSTEAD? IF YOU'RE 'TEAMED OUT' ASK IF YOU CAN CHANGE MEDIA.

2 BUILD IN BREAKS

3 REDUCE ONSCREEN STIMULI

4 MAKE VIRTUAL EVENTS 'OPT IN'

CONSIDER MAKING MEETINGS 25/50 MINS TO GIVE PEOPLE REGULAR BREAKS.

WE FOCUS ON FACES AND BACKGROUNDS - ALL AT ONCE! OUR BRAINS HAVE TO PROCESS ALL THE VISUAL CUES AT SAME TIME USE PLAIN BACKGROUNDS & TURN OFF SCREENS IF YOU CAN

BE CLEAR WHO IS EXPECTED TO JOIN IN, SO PEOPLE CAN OPT OUT WITH LARGE GROUPS USE A FACILITATOR TO HELP TO MANAGE CONVERSATIONS.

TAKE 'MINI BREAKS' - REST YOUR EYES BY LOOKING AWAY FOR A FEW SECS.

CONSTRUCT A WORKSPACE

LOOK AFTER YOUR SELF CARE

PERFORMANCE ANXIETY - IF YOU FEEL ANXIOUS SELF-CONSCIOUS OR OVER STIMULATED

MENTAL EXHAUSTION FROM VIDEO MEETINGS & CALLS

SWITCH YOUR VIDEO OFF!

Create a good profile picture

WE'RE NOT USED TO LOOKING AT OURSELVES SO MUCH! AND HOME WORKING IS... STRESSFUL

'TEAMS FATIGUE' COMES FROM HOW WE PROCESS INFORMATION OVER VIDEO

ON A VIDEO THE ONLY WAY TO SHOW ATTENTION IS TO STARE AT THE CAMERA...



UNCOMFORTABLE

Face-to-face people don't stare at each other for 30 mins!

Think about... HOW DO YOU LISTEN?

YOU DON'T NEED TO STARE AT A SCREEN TO HEAR. FOCUS ON THINGS IN THE ROOM.

TRY PEN & PAPER - REDUCE SCREENS

MOVE AROUND

STRETCH!