Video calls on virtual platforms can be draining and lead to fatigue, worry, or even burnout. Participating in video calls doesn't have to wear you out! Try these tips and resources to prevent, manage, and recover from video call fatigue.

**GENERAL TIPS**
- Pay attention to screen placement
- Focus on voices
- Use speaker view
- Hide your own image
- Catch up and connect
- Say no to multitasking
- Build in transition times
- Disconnect when you need to
- Care for your eyes with the 20-20-20 rule

**TAKE A STOP AND STRETCH SESSION**
- Shrug your shoulders up and down a few times. Rotate your shoulders forward, then backward.
- Place your hands on the back of your head and interlace your fingers. Gently stretch your elbow backwards while taking a deep breath.
- Reach your right arm in front of you, flexing at the wrist (imagine your gesturing "stop"). Gently pull the fingers on your right hand back and hold for a few seconds. Repeat on the other arm/hand.

**GIVE YOUR BRAIN A BREAK**

**Points and Circles**
- Stand up.
- Point your right index finger.
- Make a circle with the fingers on your left hand.
- **Challenge:** switch so that the left index finger is pointed and the right fingers form a circle. Switch back and forth as quickly as possible. For added challenge, try switching points and circles with both hands in the air.

**Up and Down Challenge**
- Stand up.
- Stretch both arms out in front of you.
- Move your right arm in a horizontal motion.
- Move your left arm in a vertical motion.
- **Challenge:** move the right arm horizontally while moving the left arm vertically at the same time. After several tries, switch and move the left horizontally and right arm vertically.

**Snap Wink**
- Stand up.
- Snap your right fingers while winking your left eye.
- After several tries, switch and snap your left fingers while winking your right eye.
- **Challenge:** switch back and forth - snapping with right and winking with left once and then snapping with left and winking with right once. Switch back and forth.

Beat fatigue with fresh air! Take a few moments before, after, or between calls to step outside. Take a deep breath, stretch your body. Notice something about the environment.
**ADDITIONAL RESOURCES**

*Bring these solutions to your screen sessions - How to make the most of virtual spaces*
- Facebook live session by Laura Dudle, assistant clinical professor of applied psychology at Northeastern University
  - https://www.facebook.com/watch/live/?v=2811965112192735&ref=watch_permalink&t=96
*How spaces make us better versions of ourselves*
- Tedx Talk by Libby Sander
  - https://www.youtube.com/watch?v=cscBdhU0QYA&feature=emb_title
*Relating Through Technology*
- Academic publication by Jeffery Hall, professor of communication studies at the University of Kansas

**ACTIVITY RESOURCES**

These card decks feature easy exercises and activities to encourage reduced stress and increased mindfulness, self-compassion, and empowerment. The activities can make great transition or break activities between video calls.

**Stress Less card deck**
- https://sunnypresent.com/stress-less-cards/

**Mindful reminder card deck**

**Self Compassion card deck**
- https://www.playtherapysupply.com/games/self-compassion-deck

**Empowering Questions card deck**
- http://sunnypresent.com/empowering-questions/

**BRAIN BREAK RESOURCES**

Brain breaks are great mind body challenges that help increase attention and focus. Even though many brain break resources are geared toward youth, the activities can be used with people of all ages.

**50 Educational Brain Breaks**
- https://www.weareteachers.com/brain-breaks-for-kids/

**Energy and Calm Brain Breaks and Focused Attention Practices**
- https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels

**Brain Break Ideas**

**Active Play, Active Learning – Brain Breaks Guide**
- https://sph.uth.edu/content/uploads/2014/06/APAL-Brain-Breaks-Guide.pdf

**10 Brain breaks that will help your students refocus**
- https://www.playworks.org/resource/10-brain-breaks-that-will-help-your-students-refocus/

**Energizing Brain Breaks**
- http://brainbreaks.blogspot.com/

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Take a moment for mindfulness! Try simple deep breathing exercises - noticing where you feel your breath in your body. Use your senses and scan your environment. Aim to notice things you don’t normally pay attention to.