

Six Ways to Find Balance and Stay Connected

[Click here to read the original article "Zoom Exhaustion is Real"](#)

#1: Settle In and Ground Your Attention

Spend some time before joining a Zoom session to notice how you are feeling. Take a few breaths, feel your body in your chair, and allow yourself to be fully present in the moment. Visit the PSU Center for Student Health & Counseling's [Resources for Healing & Coping](#) page for ideas.

#2: Greet Fellow Zoomers

If the group size is manageable, offer a greeting to each new face that appears in your session. Try to feel what it is like to be in the presence of one another.



#3: Choose "Speaker View"

Direct your attention to whoever is speaking by utilizing "speaker view." It can feel overwhelming to look at multiple faces at once. Speaker view allows you to focus on one face at a time.

#4: Resist the Urge to Multi-Task

While it may be tempting to check your email, notifications, etc. during a Zoom meeting or class, do your best to remain present. This will allow you to focus on what is at hand, while also not expending additional energy. You can silence notifications, exit email tabs, and put your phone on airplane mode to reduce distractions.

#5: Schedule Breaks Between Sessions

Try to schedule breaks between sessions. Whether this is between study groups, class sessions, or meetings, it's important to gather your thoughts, grab some water, and stretch your legs. Take care of yourself by taking the breaks you need.



#6: Normalize and Check Expectations

While this may not be the preferred way to interact with your classmates, co-workers, and friends, it is a space for you to connect. Check out Portland State University's [Campus Recreation website](#) for virtual wellbeing opportunities.

Adapted from professor Steven Hickman, clinical psychologist and Executive Director of the non-profit Center for Mindful Self-Compassion