

# WORK WELL ONLINE

Video calls are exhausting for our brain & nervous system because they trigger our stress response.

Follow these 4 steps to reduce stress, fatigue & succeed!



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## All those eyes

It's simply not 'normal' to have a meeting where all eyes are on you all the time & much larger in size than in person. Our nervous system automatically interrupts this as threat. So reduced the size of the zoom window & don't let it fill the screen. And if you can invest in an external webcam & keyboard as this will give more physical distance.





## **Mirror mirror**

Seeing yourself in a mirror image is very stressful & fatiguing. Research shows there are negative emotional consequences & the brain has to work much harder to focus and concentrate. So use the 'hide self' button.



## Virtual glitch

A LinkedIn poll reported that only 62% of us do not use 'virtual' backgrounds.

Virtual backgrounds should be used sparingly as they are very triggering to your stress response. They glitch around the outline of the person visually. So if you have to use one make sure it's a static simple image.



## Brain fatigue

You can't pick up many of the subtle unconscious cues that you would get from others if you were with them physically. These help our brains build up trust with others e.g. subtle eye movements, nods of the head. So only use video calls when absolutely necessary. Voice calls are much easier on our brains as there isn't the distraction. Your nervous system can concentrate on the voice with its tone & pitch to build trust and connection easier.

