



MY wellness

Employee Wellness Newsletter

Zoom Fatigue

by Nicole Piña

Do you find yourself scheduled for a few or even several Zoom or Microsoft Teams video meetings each day? At the end of your work day, do you find yourself completely wiped out? I think most of us have experienced this "Zoom fatigue".

The [Harvard Business Review](#) explains that Zoom fatigue is real. From intently trying to coordinate the mute button off and on when you speak, to checking your email, or asking your family member to avoid disturbing you, the extra focus and lack of visual breaks makes our brains fatigue. There are, however, some practices that you can put into place to avoid the Zoom fatigue:

- **Avoid multitasking** - close those tabs on your computer screen, put your cell phone away, close the door to your office or room when on a Zoom meeting.
- **Take mini breaks** - for the lengthier Zoom meetings, turn off the video and look away from the screen for 20 seconds, or consider scheduling your calendar to include at least 15-20 minutes in between Zoom meetings.
- **Reduce on screen distractions** - it's backed by research - we look at our own faces, other's faces, and the various backgrounds. Your brain has to process all this information. A good suggestion is to turn off your video when not talking or use very simple backgrounds.
- **Switch to phone calls or emails** - check your calendar every few days to see where you may have impending Zoom fatigue. If there is a one-on-one that you can conduct over the phone or decisions to be made via email, check in with the person to see if a phone call or email would work, or schedule the conversation at a later date/time so you can both recharge.



Stand Together

We walk with you. We hurt with you. We stand with you - together. Our campus community is socially distanced, working from home (WFH), and managing our health - but this does not stop our commitment to creating positive change through our voices, our actions, and our hearts. Positive change starts with you. Keep your safety, health, and wellness as top priority. Reach out to our [EAP](#) (use code: REEP) or your healthcare provider for wellness resources.

Healthy Tip!

Keep your cool in [hot weather](#) by staying hydrated and informed about heat illness from the CDC.

June Events

17 Wellness Wednesday Walk

Wellness Wednesday Walk

June 17, 2020 / 10:30 am / Work From Home locations



Inspiration - WFH Eating

by Veronica Jones

When we were ordered to stay-at-home, my fear and angst about the pandemic made my stomach uneasy, and honestly, there were some days in the beginning that I would forget to eat. One of my first trips to the grocery store was unsettling when most of the shelves of canned food, rice, eggs, beans, frozen fruit, and meats were wiped out. I managed to find a couple of boxes of Life cereal and half gallon of milk. For the first two weeks, Life was my go-to for breakfast and sometimes even lunch. I had no appetite. Reflecting back, maybe it was the large nostalgic multi-colored letters on the cereal box that gave me hope and helped to calm down the butterflies in my stomach.

When we'd go to the grocery store, as much as we tried to focus on meal prepping, it was hard to do especially when you have more people to feed at home, all with different tastes. If you have teenagers and young adults like I do, you might experience that they love junk food. We avoided having to grocery shop frequently, so we felt the need to stock up each time we would go to the market. I realized after the third trip, we were buying comfort foods, sugary snacks and chips – all the reason for stress eating. There we were, working from home, staying indoors, and our lifestyles were becoming more sedentary (my pedometer went from thousands of steps per day to only hundreds).

I knew it didn't have to be this way and I needed to reevaluate our situation. For one, we quit going out to eat, which was a real money saver. I cut down on buying junk food, and our boys started experimenting with healthy recipes. As the weeks went by, we saw more stocked shelves because the stores became smarter and limited high demand items to one per customer. That made it easier to prepare for healthier meals. As our cities have been slowly trying to reopen; let's consider ways we can [rebuild some of the healthy habits](#) we had in place before the pandemic hit.

Ergonomics Dos and Don'ts

Whether you are working from home (WFH), returning to the office, or a blend of the two, these Ergonomics Dos and Don'ts offer guidance for your working comfort:

- DON'T hunch over your laptop or computer screen - if you can, use a box or books to bring your screen closer to eye level.
- DO work at the appropriate height - find the height that will allow your elbows to naturally be flush with the table or desk height.
- DON'T give up on your current chair - use household items to make adjustments.
- DO use a folded up towel to create more cushion on your chair for a slight adjustment to help with comfort or adjust your desk chair levers.
- DON'T let your feet dangle - use simple items as a foot stool, such as a small box or stacked books.
- DO use the 20/20/20 rule - for every 20 minutes you spend looking at your computer screen, spend 20 seconds looking at something at least 20 feet away.
- DON'T skip lunch or hydration - snacking throughout the day may seem easy, but taking the time out for a healthy meal or a fresh glass of water will give you an eye break and a chance to stand up for blood circulation.
- DO make sure to get up, walk around, and get fresh air throughout the day.

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Sometimes you will
never know the value
of a moment, until it
becomes a memory.
-Dr. Seuss



MSJC Employee Wellness