

How to Optimize Your Virtual Meetings

With back-to-back virtual meetings taking up a large part of our working day, “Zoom fatigue” is a real thing. Regular video calls without breaks can cause exhaustion and fatigue. Microsoft has published research confirming that back-to-back virtual meetings can make you stressed and distracted at work. The study proves employees who had back-to-back meetings without a break had an increased stress level compared to those that had a 10-minute break between meetings.

During virtual meetings, our senses are heightened, as we can’t read people’s body language, so we have to focus on people’s facial expressions more than we would for an in-person meeting. The stress of seeing your facial expressions and reactions also increases the stress level during virtual meetings.

The research from Microsoft shows that breaks are important to improve our ability to focus and engage while in meetings. No breaks led to a spike in stress levels, especially in the transition between calls, when people were finishing their current meeting and joining another. Having breaks between the meetings meant the participants brains could rest, focus, and engage. Utilize that break not to do other work but to fully rest and reset, try breath work, listening to a meditation app or joining us for one of our daily stretch or meditation breaks.

