

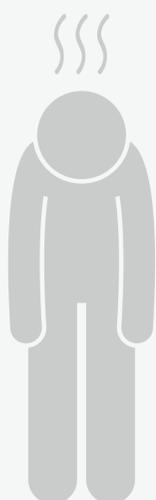
How to combat online fatigue

COVID-19 resilience toolbox



Recognize and identify how you feel

Recognizing online fatigue/pandemic stress and labeling it is a way to regain control and begin taking the necessary precautions. Allow yourself to recognize these feelings without beating yourself up for your response. It's ok to feel what you're feeling. Common signs of online fatigue include exhaustion, joylessness, feelings of frustration or resentment, feelings of being overwhelmed.



Mindfulness

Carving out time to be present and relax is crucial to recharging after a day of being "ON" screen.

Try:

- Five-minute [chair yoga](#)
- 10-minute [office yoga](#)
- Five-minute [body scan](#)
- Five-minute [meditation](#)



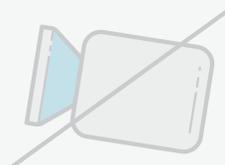
Separate work and home life

Make a schedule. Designated work time and relaxing time can help create boundaries between work and home life. Moreover, it can help work time feel more productive and home time feel more relaxing. Have at least two days a week where you don't do any work. We all deserve a weekend to recharge.



Minimize the drain

Turn off your camera for a quick recharge. It is exhausting being ON all the time. Hide the self-view. Research shows that we spend most of the time on video calls staring at our self and this can add to stress over social appearances. Try to replace video calls with phone calls or emails if you can.



Self-compassion and positive self-talk

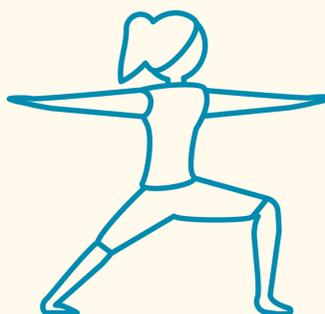
Be gentle with yourself. It's ok that you're not a crazy productive robot. Be realistic with your expectations of what you can accomplish in a day. Especially when there are multiple online meetings. Monitor your self-talk. When you hear your inner critic, talk back to it with kindness. Use phrases like: "It's ok to be angry about the situation" and "I don't need to be perfect." And when things don't go as you wanted, remember failing is part of being human.



Take breaks

Try:

- Five-minute [stretch](#)
- How to [rest your eyes](#)
- [Eye relaxation exercises](#)



Reach out, connect

Connect with people. For example, call a friend or family member you haven't spoken to in a while. As part of U of T's commitment to well-being while working remotely, HR & Equity have curated a number of resources and strategies to support individuals, managers and teams. Access it here: [Wellness and Work From Home Toolkit](#).



Take time to recharge

Schedule screen-free time, your eyes will thank you. Replace scrolling on social media with self-care. Enjoy the little things in life, such as taking a walk or reading a book. Take 15 minutes in the morning to enjoy your coffee/tea.



Take care of your body

- Go outside for some fresh air.
- Eat [healthier meals](#).
- Drink more water. Have a full glass by your desk.
- Exercise — try this [full body workout](#).
- Practice good [sleep hygiene](#).

