



The Hidden Cost of Virtual Meetings: How “Zoom Fatigue” Affects Workplace Well-being

Description

Remote work has made videoconferencing tools like Zoom and Microsoft Teams essential, but they come with an unexpected downside—“Zoom fatigue”. A recent study by Chaeyun Lim at Michigan State University links this exhaustion to dissatisfaction with one’s facial appearance, revealing a psychological burden of constant self-viewing.

Why Do Virtual Meetings Feel So Draining?

Unlike in-person meetings, videoconferences require sustained eye contact and self-monitoring. This heightened self-awareness can lead to mental exhaustion, particularly for women and individuals from diverse backgrounds. Employees who spend long hours in virtual meetings report feeling more drained than those in traditional settings.

The Link Between Appearance and Fatigue

Lim’s study, which surveyed 2,448 US-based professionals, found that those dissatisfied with their facial appearance experience higher levels of Zoom fatigue. Many rely on appearance-enhancing filters, yet these do little to reduce exhaustion.

Alarmingly, the study indicates that Zoom fatigue discourages employees from embracing virtual meetings, despite their necessity in modern workplaces. While suggestions like turning off self-view may help, some feel compelled to keep their cameras on for professional reasons.

The Bigger Picture: Workplace Well-being

Beyond reducing productivity, Zoom fatigue may exacerbate workplace inequities, affecting confidence and career growth. Experts recommend flexible meeting policies and regular breaks to minimize screen-related stress.

As hybrid work models continue to evolve, understanding and addressing Zoom fatigue will be key to maintaining both efficiency and employee well-being.

Vocabulary List:

1. **Fatigue** /fə'ti:g/ (noun): A state of extreme tiredness or exhaustion.
2. **Exhaustion** /ɪg'zɔ:stʃən/ (noun): A state of being extremely tired and drained of energy.



3. **Self-monitoring** /sɛlf 'mɒnɪtərɪŋ/ (noun): The act of observing and regulating one's own behavior or performance.
4. **Dissatisfaction** /,dɪsəs'fækjən/ (noun): The feeling of being unhappy or unsatisfied with something.
5. **Inequities** /ɪ'nɛkwɪtiːz/ (noun): Instances of unfairness or injustice in treatment or opportunity.
6. **Well-being** /,wel'biːɪŋ/ (noun): The state of being comfortable healthy or happy.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What are the paths followed by asteroids in space called?
Option: Orbits
Option: Trajectories
Option: Loops
Option: Routes
2. Which term describes the potential danger posed by an asteroid collision?
Option: Friendly
Option: Safe
Option: Hazardous
Option: Predictable
3. Which lifestyle choice is characterized by little physical activity?
Option: Active
Option: Sedentary
Option: Dynamic
Option: Vigorous
4. What are new plans or strategies to address a particular issue called?
Option: Campaigns
Option: Endeavors
Option: Strategies
Option: Initiatives
5. Which term refers to extreme tiredness resulting from mental or physical exertion?
Option: Energy
Option: Vitality
Option: Fatigue
Option: Enthusiasm
6. What is the overall health and happiness of a person referred to as?



- Option: Contentment
- Option: Well-being
- Option: Joy
- Option: Satisfaction

7. Which term describes relying on someone or something for support or aid?

- Option: Independence
- Option: Freedom
- Option: Self-reliance
- Option: Dependence

8. Which word means to display or show a quality or feeling clearly?

- Option: Hide
- Option: Conceal
- Option: Reveal
- Option: Manifest

9. What term is used to describe related to heat or temperature?

- Option: Cooling
- Option: Thermal
- Option: Chilled
- Option: Frozen

10. Which word means to isolate or hide away?

- Option: Presented
- Option: Exposed
- Option: Revealed
- Option: Sequestered

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The asteroid _____ can have devastating effects on Earth.

12. The asteroid's _____ visits to our solar system create awe and concern among astronomers.

13. Genetic _____ can influence one's likelihood of developing certain health conditions.

14. Understanding the causes of _____ is crucial for improving healthcare outcomes.



15. Regular _____ of blood pressure is essential for managing hypertension.
16. The _____ of stress can lead to physical and mental health problems.
17. The team made _____ progress in a short amount of time.
18. Efforts must be made to address social _____ to ensure fairness for all.
19. The study aimed to assess the _____ of the new treatment method.
20. Periodic _____ of business strategies is essential for adapting to market changes.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The bank required \\\ to secure the loan against default.
22. The marathon runner collapsed from \\\ after crossing the finish line.
23. The medication was effective in \\\ the patient's pain.
24. As a young adult she valued her \\\ and freedom.
25. The new software was designed to \\\ communication among team members.
26. Customer \\\ was evident in the negative online reviews.
27. In her artwork the \\\ color was vibrant red.
28. The mountain spring served as a natural \\\ for the nearby village.
29. The \\\ insulation in the building helped conserve energy.
30. His frustration was \\\ in his tone of voice.

Answer

Multiple Choice: 1. Trajectories 2. Hazardous 3. Sedentary 4. Initiatives 5. Fatigue 6. Well-being 7. Dependence 8. Manifest 9. Thermal 10. Sequestered

Gap-Fill: 11. impact 12. periodic 13. predispositions 14. mortality 15. self-monitoring 16. accumulation 17. considerable 18. inequities 19. efficacy 20. reevaluation

Matching sentence: 1. collateral 2. exhaustion 3. alleviating 4. independence 5. facilitate 6. dissatisfaction 7. predominant



8. reservoir 9. thermal 10. manifest

CATEGORY

1. Sci/Tech - LEVEL5

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Author

aimeeyoung99

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