

Video Call Fatigue Recovery Checklist

Evidence-based adjustments to reduce the cumulative fatigue of video meetings, based on research from Stanford's Virtual Human Interaction Lab and Microsoft's Human Factors Lab.

BEFORE THE CALL

- ☐ Hide your own self-view once your camera position is confirmed — this removes the largest single source of video-call fatigue.
- ☐ Position your camera at eye level so eye contact reads as natural rather than a fixed close-up stare.
- ☐ Test audio and connection quality in advance — even 200ms of delay measurably disrupts conversational rhythm.
- ☐ Ask whether the meeting needs video at all. Default to audio-only for calls that don't require visual collaboration.

DURING THE CALL

- ☐ Switch to speaker view or gallery view depending on which reduces the number of faces you're simultaneously processing.
- ☐ Take brief breaks from looking directly at the screen; treat the same visual etiquette you'd use in person.
- ☐ Use noise-canceling headphones in shared or noisy spaces to reduce the effort of parsing speech.
- ☐ Stand or use a stability ball for calls that don't require typing — restoring some natural movement reduces cognitive load.

BETWEEN CALLS

- ☐ Build in a 5-10 minute buffer between back-to-back meetings whenever your calendar allows it.
- ☐ Look away from all screens during the buffer — even briefly — to reset visual and mental fatigue.

- ☐ Stand up and move for at least two minutes between calls; this counteracts the fixed-frame stillness of video conversation.
- ☐ Avoid scheduling more than 3-4 video calls back-to-back without a longer break.

WEEKLY HABITS

- ☐ Audit your calendar weekly and convert recurring video meetings to audio or async updates where possible.
- ☐ Reserve at least one meeting-free block each day for focused work without screen-based interruption.
- ☐ Track how you feel after video-heavy days versus in-person days to identify your personal fatigue threshold.
- ☐ Consider blue-light-filtering glasses for days with unavoidable back-to-back screen time.