

FAMILY RESOURCE

MANAGING ZOOM AND COMPUTER BURNOUT



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Introduction

Learning and socializing digitally has become our new normal during the COVID-19 pandemic. Although this format is convenient and may be our best solution, for now, Zoom and other screen-based formats can cause “burnout.” We all like staying connected but we also need to learn ways to cope with the stress

on our eyes, brains, and psyches. The articles listed below describe symptoms of burnout: headaches, temper tantrums, lethargy, and even depression. Simple ways to cope include: 1) taking a break, 2) going for a brief walk, and 3) squeezing a squishy ball. By all accounts, Zoom fatigue is real and it's important to give yourself and your child/children a break. Remember, self-care is paramount right now, and the pandemic has not only provided a greater need to teach kids about this, but it has created an opportunity to lead by example.

Articles

If you are interested in reading an article about what Zoom Fatigue is and how to cope with it:

[Zoom Fatigue is Real and Our Kids are Feeling It](#)

[Zoom Fatigue is Real, Here's How to Deal With It](#)

[Kids are so Over Zoom and What to do About It](#)

[4 Ways to Keep Kids Engaged on Zoom and How to Avoid Zoom Fatigue](#)

VIDEOS

Tags:

COVID-19, Technology, Social-emotional Learning, Health & Wellness

Age Levels:

- Pre-K 3-5 yrs (preschool)
- 5-6 yrs (kindergarten)
- 6-8 yrs (primary)
- 9-11 yrs (elementary)
- 11-14 yrs (middle school)
- 14-18 yrs (high school)

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