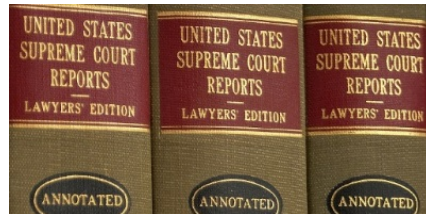




**SUFFOLK ACADEMY OF LAW**  
*The Educational Arm of the Suffolk County Bar Association*  
**560 Wheeler Road, Hauppauge, NY 11788**  
**(631) 234-5588**



# **ZOOM PROGRAM**

## **COMBATING ZOOM FATIGUE**

### **FACULTY**

**Sheryl L. Randazzo, Esq.**

**May 17, 2021**  
**Suffolk County Bar Association, New York**

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## **BIOGRAPHY OF SHERYL L. RANDAZZO, ESQ.**

Sheryl L. Randazzo, Esq. is a partner with the law firm of Randazzo & Randazzo, LLP, with offices located in Huntington, New York and downtown Manhattan. The firm concentrates its practice on the areas of elder law and estate planning/administration, which include traditional aspects of wills and trusts, as well as long term care planning, Article 81 guardianships, Medicaid/Medicare matters and other related areas of law affecting the needs and rights of elderly and disabled individuals.

Ms. Randazzo earned her law degree from Catholic University of America's Columbus School of Law in Washington D.C., and her Bachelor of Science degree in History, magna cum laude, from Northeastern University in Boston, Massachusetts.

Ms. Randazzo is the current Chair of the Town of Huntington Board of Ethics, Chair of the Suffolk County Bar Association's Leadership Development Committee, a Co-Chair of the Suffolk County Judicial Committee on Women in the Courts, and a member of the Judicial Hearing Officer Selection Advisory Committee for the Second Judicial Department (4<sup>th</sup> term). She also proudly serves as a Leader for her 13-year-old daughter's Cadette Troop through Girl Scouts of Suffolk County.

Ms. Randazzo has or continues to serve as a member and/or leader of numerous other professional and community organizations throughout Suffolk County and New York State. Most notably among them she has served as President of the Suffolk County Bar Association (2010-2011) and as an Adjunct Professor in Law Practice Management at the Tour College Jacob D. Fuchsberg Law Center (2012-2017).

Ms. Randazzo is a frequent lecturer to attorneys, other professionals and the public in the various areas of elder law and estate planning, as well as practice management, professional ethics and wellness. You may reach her directly at (631) 673-4998 x101 or [sheryl@randazzolaw.com](mailto:sheryl@randazzolaw.com).

# **COMBATING ZOOM FATIGUE**

Materials Prepared and Presented For  
The Suffolk County Academy of Law By:  
Sheryl L. Randazzo, Esq.  
Randazzo & Randazzo, LLP

- I. Introduction
  
- II. What is “Zoom Fatigue”?
  - A. It is real
  - B. It is not just about “Zoom”
  - C. Growing field of study
  
- III. Why Does Zoom Fatigue Happen?
  - A. Our brains are working harder
  - B. Limitations on our mobility
  - C. The feeling of always being “on”
  - D. It is unnatural
  - E. Issues of oversharing
  - F. We are easily distracted
  - G. Our tech often fails us
  
- IV. How Can We Recognize Zoom Fatigue?
  - A. Burnout generally
  - B. Signs of exhaustion and burnout
  - C. Translation into “Zoom Fatigue”
  - D. Questions to ask yourself:
    - 1. Do I find myself avoiding, cancelling and rescheduling, or trying to otherwise get out of video conference calls?

2. Have I noticed feeling tension or being tired after a video meeting (seemingly disproportionately so)?
3. Do I tend to avoid social interaction after videoconferencing?
4. Do I feel too tired to do other things I had planned on doing after a video call?
5. Do I feel like the introduction of videoconferencing into my life has limited your ability to handle your other work and life responsibilities as effectively as you had been doing so pre-videoconferencing?

V. How Can Zoom Meetings Be Eliminated?

- A. Establish “no meeting” time blocks.
- B. Reduce calls by using text-based communication.
- C. Say “no” to video calls that are not valuable.
- D. Say “yes,” but attend later by video when possible.
- E. Replace calls with recorded asynchronous video.
- F. Make virtual social events opt-in, not obligatory.

VI. How Can We Make Zooming Less Fatigue-Inducing?

A. When you are in control of the meeting -

1. Always have an agenda.
2. Schedule breaks.
3. Make meetings shorter.
4. Make meetings smaller.
5. Have patience.
6. Remember video calls are just one medium.

B. When you are attending a meeting -

1. Take the call out of the full-screen option.
2. Hide self-view.
3. Turn your camera off entirely.

4. Avoid multi-tasking.
5. But multi-task when appropriate.
6. Give your eyes a rest.
7. Take time between meetings.
8. Change up your work setting or location.
9. Have compassion for yourself and others.
10. Schedule screen-free time.

## VII. Are There Any Advantages to Videoconferencing?

- A. Connection
- B. Accessibility when otherwise limited
- C. Reduced overhead
- D. Flexibility
- E. Enables alternative life-choice options
- F. Time savings
- G. Cost savings

## VIII. Conclusion



## **SCBA Lawyers Helping Lawyers Committee**

**The SCBA Lawyers Helping Lawyers Committee** provides free and confidential assistance to those in the legal community who are concerned about their alcohol or drug use and/or mental health or wellbeing or that of a colleague or family member.

Assistance is available to the legal community including attorneys, members of the judiciary, law students, and family members dealing with alcohol or substance abuse disorder, other addictive disorders, anxiety, depression, vicarious trauma, age related cognitive decline and other mental health concerns that affect one's well-being and professional conduct.

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Lawyers Helping Lawyers Helpline at (631) 697-2499  
to speak with an attorney who will provide support and recommend  
resources. All calls are private and confidentiality is protected under  
Judiciary Law Section 499. (Lawyer Assistance Committee)**