

Tips for Managing Virtual Classroom Fatigue

1. Use a blue light filter/glasses and reduce screen brightness
2. Enlarge screens to make text bigger
3. Ensure computer screens stay clean
4. Use free Google Read and Write extension to read pages out loud
5. Turn off screens when able
6. Take breaks, move your body and stretch
7. Stay hydrated to improve brain function
8. Eat nutritious foods to stay energized
9. Use Zoom “chat” to stay engaged
10. Reduce distractions in study space
11. Choose Zoom “speaker view” to focus on one person speaking at a time
12. Remain in close communication with Instructors

For more self-care tips, visit: www.lanecc.edu/mhwc



**Mental
Health and
Wellness
Center**

The logo for Lane Community College, featuring a stylized sun or mountain icon above the text "Lane Community College".

To request this information in an alternate format, please contact the Center for Accessible Resources at (541) 463-5010 or accessibleresources@lanecc.edu