

Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 4: SEPTEMBER 25, 2020

Coping with anxiety on Zoom

The *CHOICES TUPE* program helps students discover and maintain resources so they can successfully transition through important life milestones. This newsletter establishes the foundational elements of coping with Zoom anxiety. The COVID-19 pandemic has altered the way we interact with one another. We will be discussing what anxiety looks like on Zoom and sharing coping techniques that can help young adolescents during this stressful COVID-19 pandemic.



What is Zoom anxiety?

An overwhelming feeling of being nervous or worried, often as a result of fear from video technology (such as video chats and conference calls).

What does Zoom anxiety look like?

Zoom anxiety can look different from person to person. A few of the ways an individual might experience Zoom anxiety are: avoidance of being on camera, upset stomach, agitation, restlessness, fatigue, difficulty concentrating, irritability, tense muscles, and trouble sleeping.



What leads to Zoom anxiety

Video calls require us to focus a lot more than the typical face-to-face conversations. Our brains use a lot more energy to process non-verbal cues like facial expressions, tone and pitch of the voice, and body language. Our anxiety rises when we are having to focus on five people at the same time in a gallery view. Here are some other reasons that can lead to Zoom anxiety:

- Technical difficulties
- Background distractions
- Your appearance
- Giving the wrong response/answer
- Having others stare at us when we talk
- Hearing your voice through echo
- Looking at your self on camera



Zoom anxiety affects

Zoom anxiety can affect your mental health when you experience feelings of stress and anxiety caused by social distancing and isolation. However, Zoom chats and video conferencing can help alleviate feelings of loneliness. Those that are at high risk of experiencing Zoom anxiety are individuals who are unfamiliar with technology and individuals who already live with various forms of social anxiety.

Tips to help before Zoom

- Get familiar with features on Zoom; if something is confusing/difficult ask for help.
- Be prepared; have all materials available for your Zoom meeting/class.
- Create a comfortable area to participate in Zoom/video chats.
- Share your worry thoughts with someone you trust.

Tips to help during Zoom

- Focus on the presenter and what they are saying.
- Take notes on key concepts/words.
- Ask questions in the chat.
- If you need to step away, turn off your camera.
- Be respectful to the presenter.
- Breathe... this is just temporary!



Positive outlook

- ▶ During the COVID-19 pandemic, it's important to remember that we are all adjusting to social distance learning and other social interactions. Times like these are not easy for everyone. Be patient with others and especially with yourself. It's important to remember that what we are experiencing is temporary.



Social media tip of the week

- ▶ Try practicing mindfulness as you are scrolling through your social media feed. If you recognize that you begin to feel upset, mad, or anxious, it may be time to reconsider the accounts you are following. You might need to unfollow those negative accounts or take a break from social media altogether.

Resources

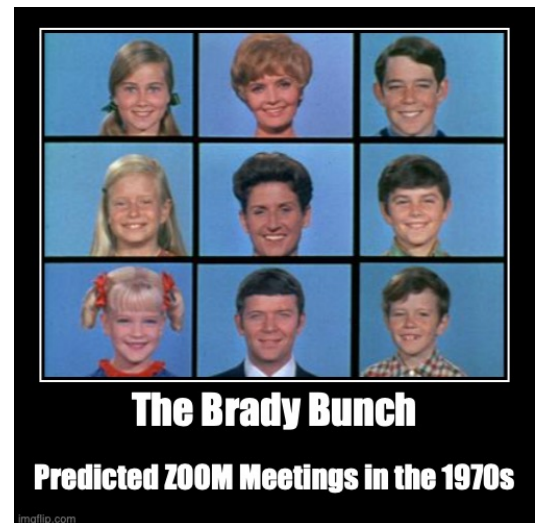
<https://www.singlecare.com/blog/zoom-anxiety/>

Additional video resources

https://www.youtube.com/watch?v=FfSbWc3O_5M

<https://www.youtube.com/watch?v=dhYF3AqVhgU>

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" – Mary Anne Radmacher



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