



**Keep Your Camera on for
some of the meeting...**



But turn it off once you start to feel
frustrated/anxious/tired of it being on.

Take breaks when working/studying...



And look away from your screen during your breaks to give your eyes a chance to rest.

Use

All this ch

**Try taking notes by hand
instead of electronically.**

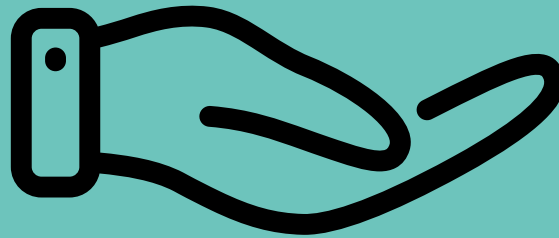


If this isn't possible or practical for you, take notes electronically but print them off afterwards. That way, you can give yourself a break from staring at a screen when you are studying.

**Develop some hobbies that
don't involve much screen
time.**

Having s

**Reach out for help if you
need some support.**



Use virtual platforms to plan get-togethers with friends.

Having some virtual calls that aren't work related can sometimes help to lower some of the stress and anxiety around appearing on camera.

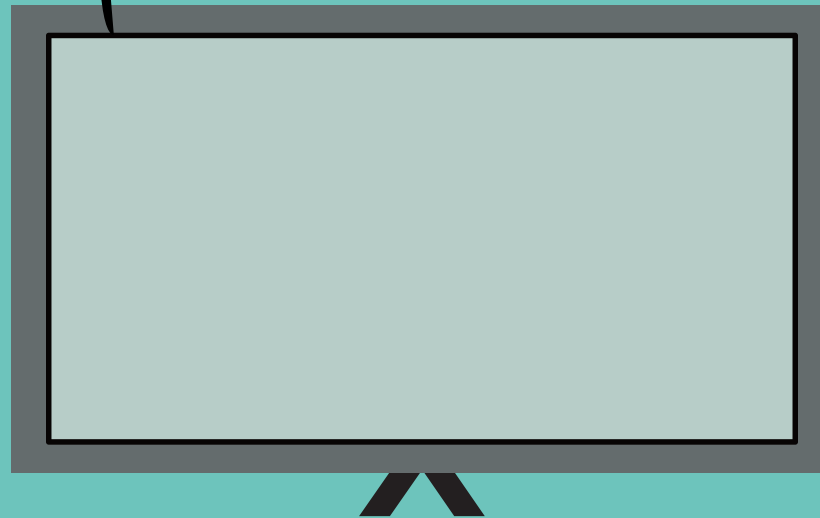
It can also help us to stay connected to our support network when other ways of connecting aren't available to us.

Take care of your eyes.



Our eyes are very important, and since you're putting more strain on them with extra screen time, make sure that you do what you need to do to take care of them, whether it's making sure you wear your glasses (if you have glasses), or making an appointment with an optometrist.

**Watch movies/shows on a
TV screen.**



It will allow you to sit farther away from the screen, and to sit more comfortably with better posture instead of sitting hunched over a laptop.

Use a physical

Online classes and virtual meetings mean you're
spending more time sitting]n n

