Student guide to reduce screen fatigue

What is screen fatigue? Fatigue can refer to a subjective experience and decrease in efficiency and effectiveness that results from continuity of online work.

Ways to reduce screen fatigue

1. *Keep the room softly lit.* Keep the light just right.
2. *Plan breaks in between your live sessions.* Break means time off the screen. This could be two 10-min breaks well-spaced out, or one 20 min break in the middle. If you think you need a short break, it may be good to post this on the chat window including the duration of the break.
3. *Right video graphics.* Make sure the audio, video and text size are adequate for you. If one of these is not right, then it may be a blight to online learning.
4. *Mind the environment.* The brain processes whatever is in the vicinity. Make sure that you do not have a lot of activity around you when the sessions are going on.
5. *Mind the eye:* for some people, they may need special eye wear. It is good to talk to an ophthalmologist in case we generally experience eye strain.
6. *What are your timeboxes?* Schedule your online activities. It is important to schedule time for emergency remote teaching & learning and other social media activities. It is important to know how to spend some time off electronic gadgets especially during free moments.
7. *Regular exercises and walks during weekends.* Regular exercises are important both for the body and mind.
8. *Take care of me time.* Me time helps a person unwind and cut-back from ordinary activities. Some people find silence and mindfulness quite rejuvenating.