

# MINDFULNESS WITH *Mondays* Dr. Stephens



**Zoom calls are draining. How to make them easier for you?**

How often do you participate in zoom calls or teleconferencing?

- a. 1 - 3 times a week
- b. Once a day
- c. Multiple times a day

Do you feel like the teleconferences are productive or helpful to your productivity?

- a. Yes, I often get useful information
- b. Sometimes its helpful
- c. No, it often feels unnecessary
- d. I would rather not have them

When there are technology mishaps what is your natural feeling or reaction?

What are some ways you can make zoom calls more comfortable for you?

How can you make sure your downtime actually feels like downtime?