



**Developing Resilience and Wellbeing**  
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# Technology fatigue and why we're likely to struggle

# What's happening to us behind the scenes?



*First when you are on a Zoom call, you get **less useful information** than you would in real life, and so your brain has to put in some extra effort to understand what is going on...*

*Second, as well as having less useful information, we also have **more useless information** for our brains to deal with and filter out.*

*Thirdly and finally, there are **messages which are simply confusing to your brain**: the brain finds the slight delay caused by the technology difficult to handle, and can find the large close-up faces a bit threatening.*

**Julia Yates, Programme director of Organisational Psychology at City, University of London.**

## Tips that can help

- **Avoid multitasking**
- **Build in breaks**
- **Reduce on screen stimuli**
- **Make virtual social events optional**
- **Switch back to e-mail and phone**



The pandemic may take us to some difficult places so...

- Empathise with your colleagues and clients but don't 'own' their problems
- Remember too that human empathy is finite
- Try to remember not to live life totally in your head – what about your body?
- Small acts of human kindness make us feel great

# A sound mind in a sound body





## Mental Health

- talk through your concerns with trusted sources
- limit the amount of times you look at news sites
- do something you enjoy each day
- practice mindfulness



## Social Health

- connect with friends using online platforms
- keep in regular contact with people
- find out what is going in your local community through via FB groups



## Physical Health

- eat a balanced diet and have regular meal times; stay hydrated
- maintain good sleep hygiene
- keep moving and do some physical activity each day

From only 30 seconds to  
as many minutes

<https://wellbeingandcoping.net>







Between stimulus and response  
there is a space. In that space is our  
power to choose our response. In  
our response lies our growth and  
our freedom.

— Viktor E. Frankl —

AZ QUOTES

**How we  
respond to  
external  
events is vital**

# Thank you for your attention Diolch am eich sylw

Try to safe and well

Cadwch yn iach a ddiogel 😊