Why do video calls make us so tired?

Reading + Grammar: making recommendations

1 KEY VOCABULARY

fatigue	*n.*	extreme tiredness
cognitive load	*n.*	the amount of mental effort needed
nonverbal cues	*n.*	messages we send without words, e.g. gestures
self-view	*n.*	seeing your own image on screen
mobility	*n.*	the ability to move around freely
peer-reviewed	*adj.*	checked by other experts before publication
default	*n. / adj.*	the standard setting before you change it
exhausting	*adj.*	making you extremely tired
audio-only	*adj.*	with sound but no video
gesture	*n.*	a movement of the hands or head to communicate

2 USEFUL PHRASES & EXPRESSIONS

- **I suggest taking audio-only breaks.** — *suggest + -ing*
- **He recommends that users hide self-view.** — *recommend that + base verb*
- **I'd advise you to use an external keyboard.** — *advise + person + to*
- **It's worth turning off your camera.** — *It's worth + -ing*
- **Back-to-back calls are exhausting.** — *describe a problem*
- **Let's make this one audio-only.** — *propose a practical change*

6 CULTURE & BUSINESS INSIGHT

★ **Better meetings, less fatigue**

Stanford research identified four causes of "Zoom fatigue": intense close-up eye contact, constant self-view, reduced mobility and higher cognitive load. Small changes — hiding self-view, audio-only breaks, fewer back-to-back calls — can make remote work more sustainable.

3 THE KEY POINT

To recommend: **suggest / recommend + -ing**, **suggest / recommend (that) + subject + base verb**, **advise + person + to-infinitive**, **It's worth + -ing**.

Bailenson **suggests taking** audio-only breaks.

He **recommends that** users **hide** self-view. (not *hides*, not *to hide*)

I'd **advise you to** reduce the window size. · **It's worth turning** off your video from time to time.

4 QUICK PRACTICE

Correct the mistake in each sentence.

1. I suggest to take a short break.
2. She recommended that he turns off his camera.
3. They advised us use the speaker view.
4. It's worth to try audio-only calls.

5 ANSWERS & EXPLANATION

Answers: 1 suggest taking · 2 that he turn off · 3 advised us to use · 4 worth trying

suggest + -ing (never + to); **recommend that** + base verb (no -s); **advise** + person + **to**; **It's worth** + -ing.

Today's resource: Four causes for 'Zoom fatigue' and their solutions (Stanford Report) · https://news.stanford.edu/stories/2021/02/four-causes-zoom-fatigue-solutions

> *Not every meeting needs a camera — but every meeting needs a purpose.*



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