



Surviving and Thriving

with technology



UMD Dietetic Interns
March 23, 2021



Outline

01

Surviving

What is Zoom fatigue and tips to combat it

02

Thriving

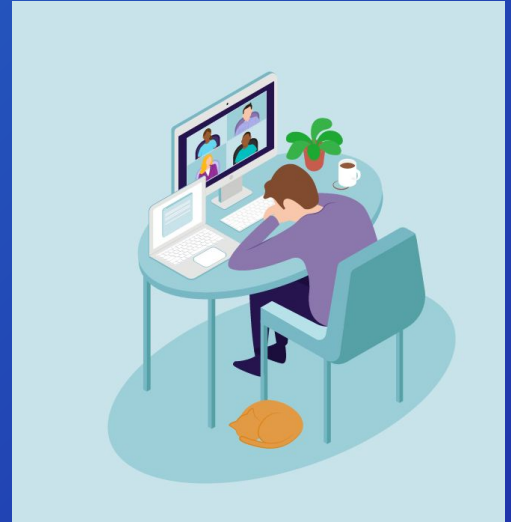
Using data visualization tools to bring content to life

Surviving: What is Zoom Fatigue and Tips to Combat it



What is Zoom fatigue?

- Exhaustion of the body and mind, worry, or burnout associated with overuse of virtual platforms (Zoom, Microsoft Teams, Skype, Google Hangouts, etc) for communication due to:
 - Excessive amounts of close-up eye contact and seeing yourself causes fatigue
 - Reduced mobility
 - High cognitive load
- Widely prevalent, intense, and completely new



Zoom fatigue in the literature

Pre-published paper out of Stanford University

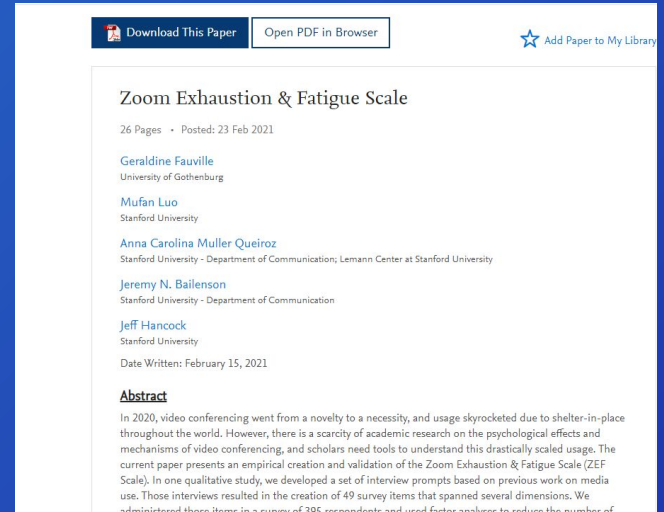
Creation of Zoom Exhaustion and Fatigue Scale

- 15 questions measuring “fatigue from interpersonal technology, as well as what causes the fatigue.”

This work is relevant given that working remotely is only going to grow, regardless of the pandemic.

Source:

<https://news.stanford.edu/2021/02/23/four-causes-zoom-fatigue-solutions/>



How Zoom fatigue affects you

Mentally and physically

Work harder to process nonverbal cues

Unable to read body language and pick up nonverbal cues

Audio delays/issues affect interpersonal perceptions

Virtually multitasking threatens our attention capacity

Looking at ourselves while we speak leads to less focus

Can increase anxiety, frustration, lower work productivity



Know the signs of Zoom fatigue

Difficulty concentrating on tasks

Feeling tired and less energized after calls

Feelings of anger or difficulty communicating

Forgetfulness, feeling confused during meetings

Taking longer to do tasks

Scrolling on phone

Constantly thinking about work



Strategies to manage Zoom fatigue

Establish daily routines

Take breaks or encourage mini breaks during meetings

Regular meal/exercise schedule/drinking water

Schedule screen-free time

Avoid multitasking

Limit calls to those that are necessary; Use phone or turn camera off

Check in with coworkers to maintain connection



Proper work environment

Work in a different room or space - try to avoid working in bedroom

Use a different cup when working vs. when at home

Change light set up

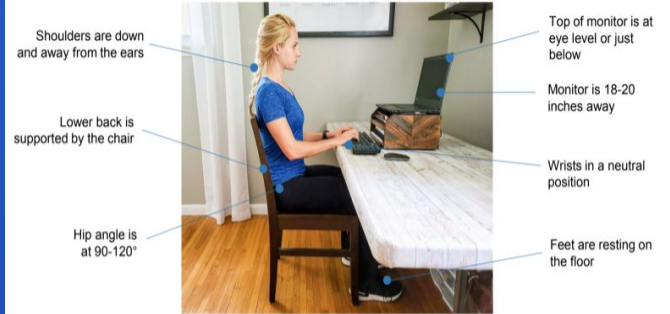
Have an alarm or music play when off work to signal end of work day

Dress up

Optimize seated position to avoid back pain

IDEAL WORK SETUP

Optimizes productivity and reduces likelihood of developing back pain. Don't forget to get up and move every 45 minutes!



POOR WORK SETUP

Staying in this position for several hours will likely cause pain in the back, neck, or wrists.



Ways to help combat

Download F.lux

Screen time monitors

Stay focused (track usage and block certain apps like social media)

Pomodoro timer app

Hide self view on Zoom

Chrome color coding of tabs



Google Adds New Option to Group and Color-Code Tabs in Chrome

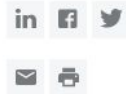
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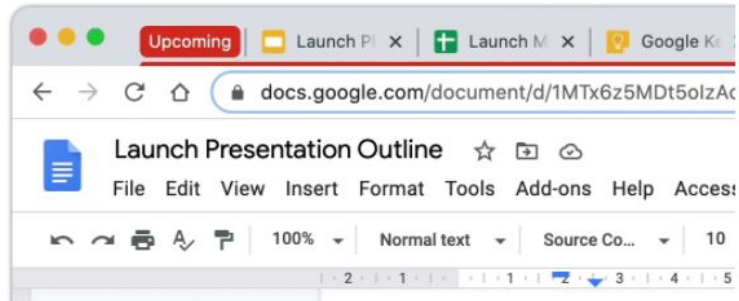
May 13, 2020

SHARE IT



This will come in handy for many, many Google Chrome users.

Do you ever open so many tabs that you have no idea what's what, or why you even opened each one in the first place? This feature is for you - this week, Google has outlined its new option to [group tabs in Chrome](#), with color-coding on each group to make them easier to keep... um, tabs on.



<https://www.socialmediatoday.com/news/google-adds-new-option-to-group-and-color-code-tabs-in-chrome/577915/>

Goal setting

What is one change you can make at home/work to help prevent or manage Zoom fatigue?



Resources

How to Combat Zoom Fatigue (Harvard Business Review)

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

Zoom Exhaustion is Real (Mindful.org)

<https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>

Thriving: Using Data Visualization Tools to Bring Content to Life



Food Photography

1. Why food photography?
2. Plan ahead
3. Set up props/scenery
4. Editing (Adobe Lightroom)



Food Photography → The Flow



Before



After



Before



After



What is Canva?

Graphic Design Platform

www.canva.com



- Who?
 - For the student, teacher, entrepreneur, or business owner
- Sign up with an account
 - FREE option as well as a subscription plan for \$9.99/month, \$30.00/month
- Preformatted, presized templates for all occasions
 - Including social media, flyers, infographics, resumes, presentations, banners, and more
 - Ready and set for you to share!
- Professional yet user friendly

Access to all of the following:



Backgrounds
Pictures



Clip art
Shapes
Icons
Graphs
Charts
Animation



Audio
Video



Upload
your
own

Color Palette Generator

- Upload any image at <https://www.canva.com/colors/color-palette-generator/> to generate a complimentary palette

The easiest place to get colors from your photos

Want a color scheme that perfectly matches your favorite images? With Canva's color palette generator, you can create color combinations in seconds. Simply upload a photo, and we'll use the hues in the photo to create your palette.

Upload an image

Try demo image



Pampas
#F1EEEA

Woodland
#4A542A

Crail
#B7533C

Roti
#CDA650

PREMADE TEMPLATES



YOUR SUPER BOWL LV
SNACK BOARD

pick hummus and guacamole for dips with healthy fats

add a bunch of colorful veggies for crunch

choose whole grain chips for extra fiber

@FOODINSIGHT

1. Focus on COVID-19 and food safety

"39% of respondents in the 2020 Year-End Survey said the risk of COVID-19 when shopping for food or dining out was their top food-related concern."



Correlation of Probiotic Strains & IBD

Probiotics are living microorganisms that are intended to have health benefits when consumed by the body. The job of probiotics are to aid us in maintaining a healthy community of microorganisms in our microbiome. Studies suggest that probiotics could be helpful in patients diagnosed with IBD as an adjunct therapy in terms of inducing or maintaining remission of the disease. The three below contain the most potential in IBD patients based on the current clinical data.



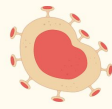
01 *L. rhamnosus GG*

This is one of the most widely used probiotic strains because of the documented health effects it presents. It is shown to have prevention and treatment of gastrointestinal infections and diarrhea, and stimulation of immune responses.



02 *S. boulardii*

S. boulardii is a nonpathogenic yeast that has demonstrated in clinical trials to have effective properties in its disease, specifically combating with inflammatory components. Actions seen are regulation of intestinal microbial homeostasis, interference with the ability of pathogens to colonize and lacerate the mucosa, modulation of local and systemic immune responses, stabilization of the gastrointestinal barrier function and induction of enzymatic activity favoring absorption and nutrition.



03 VSL#3

VSL#3 is the only probiotic considered as a kind of medical food, it mainly participates in the regulation of the intestinal barrier function, including improving tight junction protein function, balancing intestinal microbial composition, and regulates immune-related cytokine expression. It is able to improve tight junction protein function and the composition of intestinal microbiota and regulate immune-related cytokine expression.



Products on the Market with these Strains :



Food Sources of Probiotics :

- Yogurt
- Pickles
- Kefir
- Sauerkraut
- Tempeh
- Miso
- Kombucha
- Homemade Buttermilk
- Some cheeses such as Mozzarella, Cheddar, Gouda, and Cottage Cheese



Note - All probiotics are still undergoing clinical trials and require more information before evidence is proven.

References:

Jeffery Kato, 2006.
<https://www.ncbi.nlm.nih.gov/pubmed/16501207>

McQuinn, 2012.
<https://www.ncbi.nlm.nih.gov/pubmed/22616313>

Masuko & Fujita, 2016.
<https://www.ncbi.nlm.nih.gov/pubmed/26874400>

Marudiroo, 2016.
<https://www.ncbi.nlm.nih.gov/pubmed/26874400>

Fong & Cheung, 2010.
<https://www.ncbi.nlm.nih.gov/pubmed/20516704>

Made by 100% Natural Flavors, Sweeteners & Preservatives

• HARVEST OF THE MONTH •

THE BENEFITS OF BROCCOLI



CONTAINS
MULTIPLE VITAMINS
AND MINERALS



REDUCES
INFLAMMATION



SUPPORTS HEART
HEALTH



PROMOTES
HEALTHY DIGESTION
& CONSTIPATION



SUPPORTS HEALTHY
BRAIN FUNCTION



AIDS IN BLOOD
SUGAR CONTROL

CUSTOM DESIGNS

Colorful Crunch 

3 tips to turn kids into vegetable lovers!

- 1. Make Eating a Fun Activity**
Have a contest, who makes the loudest crunch
Make your own pizzas with vegetable toppings
Design faces on rice crackers with hummus
- 2. Add to Your Favorite Recipes**
Blend spinach with fruit smoothies
Put carrots & summer squash into tomato sauce
Include seasonal vegetables in pasta salads
- 3. Lead by Example**
Try out new vegetables with your kids
Serve vegetables often (at each meal & snack)
Repeated exposure brings acceptance

USDA DAILY RECOMMENDATIONS

CHILDREN		GIRLS		BOYS	
2-3 yrs	1 cup	9-13 yrs	2 cups	9-13 yrs	2.5 cups
4-8 yrs	1.5 cups	14-18 yrs	2.5 cups	14-18 yrs	3 cups



PLANT PROTEINS VS ANIMAL PROTEINS


Which protein source contributes more phosphorus to the diet?

Plant Proteins	Animal Proteins	Processed Meats
		
Least Absorbed	Some Absorbed	Most Absorbed
Less than 50% of phosphorus is absorbed	40-60% of phosphorus is absorbed	Up to 100% of phosphorus is absorbed

ACTUAL AMOUNT OF PHOSPHORUS ABSORBED FROM PLANT AND ANIMAL PROTEIN SOURCES

Plant Proteins	Serving Size	Protein (g)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
Tofu, firm	6oz	21	137	335	27
Quinoa	1/2 cup	4	70	160	6.5
Lentils	1/2 cup	9	89	365	4
Chickpeas	1/2 cup	7	69	258	6
Peanut Butter	2 tbsp	7	54	180	6
Animal Proteins	Serving Size	Protein (g)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
Salmon	3oz	19	127	327	52
Ground Turkey*	3oz	23	132	259	77
Tilapia	3oz	22	104	323	48
Ground Beef*	3oz	23	100	263	50
Chicken Breast	3oz	26	110	210	66

*93% lean meat



CHECK OUT THE NUTRITION FACTS

LOOK FOR...

- 
- 
- 
- 
- 

WHAT'S ON THE NUTRITION FACTS LABEL?



PAY ATTENTION TO HOW MUCH COUNTS AS A SERVING

AIM FOR LESS THAN 230 MG OF SODIUM PER SERVING

AIM FOR NO ADDED SUGAR

Which 2020-2025 DGA food pattern is right for you?



HEALTHY U.S. STYLE HEALTHY MEDITERRANEAN STYLE HEALTHY VEGETARIAN

HEALTHY U.S. STYLE

Vegetables 2 1/2 (cup eq/day)	Fruits 2 (cup eq/day)	Grains 6 (oz eq/day)
Dairy 3 (cup eq/day)	Proteins 5 1/2 (oz eq/day)	Oils 27 (grams/day)

Watch portion sizes about 30g amount of protein

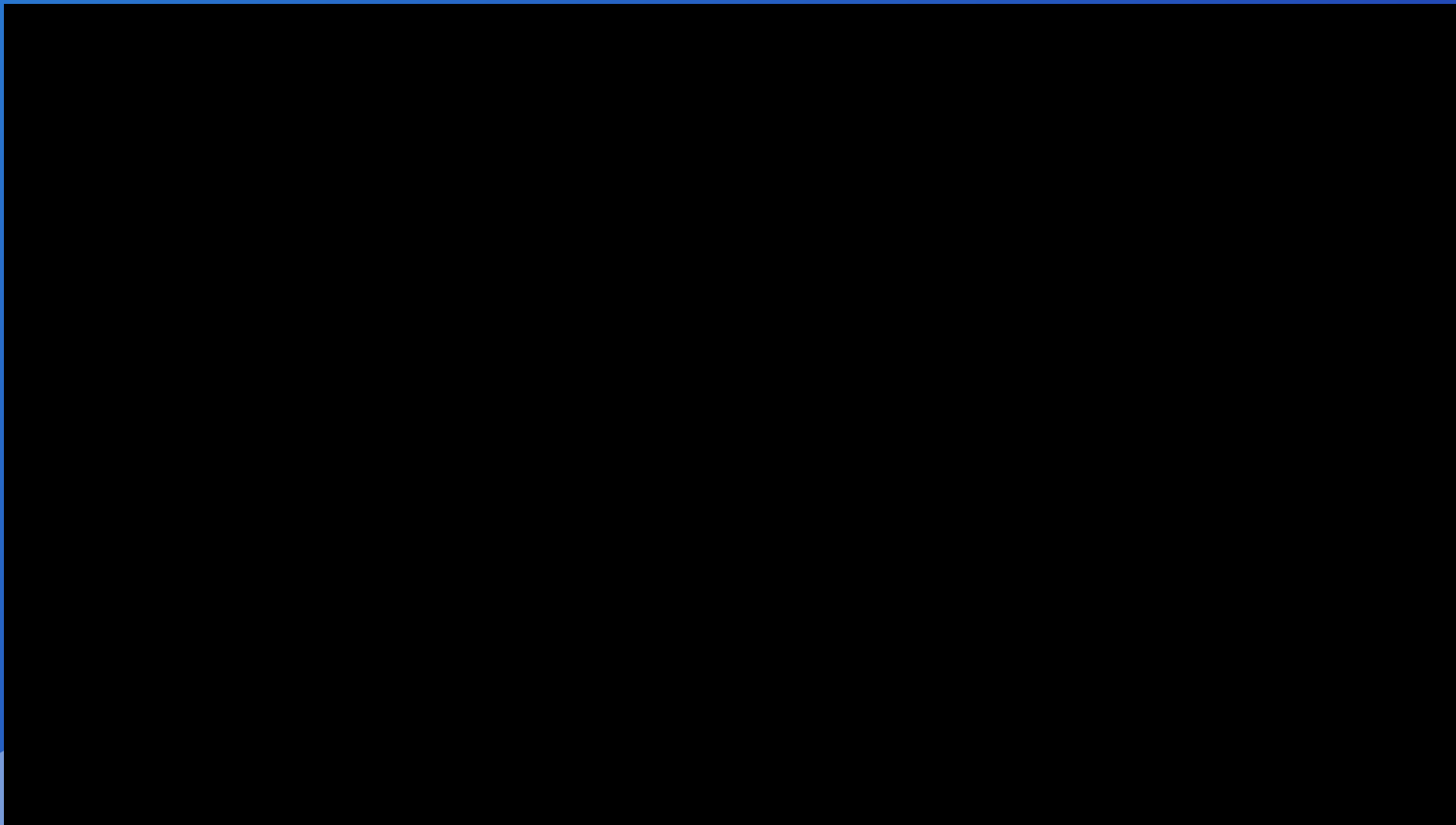
HEALTHY MEDITERRANEAN STYLE

Vegetables 2 1/2 (cup eq/day)	Fruits 2 1/2 (cup eq/day)	Grains 6 (oz eq/day)
Dairy 2 (cup eq/day)	Proteins 6 1/2 (oz eq/day)	Oils 27 (grams/day)

HEALTHY VEGETARIAN

Vegetables 2 1/2 (cup eq/day)	Fruits 2 (cup eq/day)	Grains 6 1/2 (oz eq/day)
Dairy 3 (cup eq/day)	Proteins 3 1/2 (oz eq/day)	Oils 27 (grams/day)

Canva Tutorial



Other design tools to try

- Stencil <https://getstencil.com/>
- Visme <https://www.visme.co/>
- Piktochart <https://piktochart.com/>
- Snappa <https://snappa.com/>
- Easel <https://about.easil.com/>
- Biteable <https://biteable.com/> (video)



Thank You!

University of Maryland Dietetic Interns
Class of 2021

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