





# How to change your Teams background

If you want to change what appears behind you in your video, you can either [blur your background](#) or replace it entirely with any image you want.

## Change your background during a meeting

- To alter your background after you've already joined a meeting, go to your meeting controls
- Select **More actions**  > **Show background effects**.
- Select **Blur** to blur your background, or choose from the available images to replace it.
- To upload an image of your own, select **Add new** and pick a .JPG, .PNG, or .BMP file from your computer.
- To turn off background effects, select  .

**You'll be able to preview your chosen background to see how it looks before you apply it.**