

CULTIVATING PRIVATE SPACE AT HOME

Teletherapy during quarantine can sometimes be interrupted. Check out some of these tips to help create a private space for your session!

ASK LOVED ONES FOR PRIVACY

You deserve a private space!

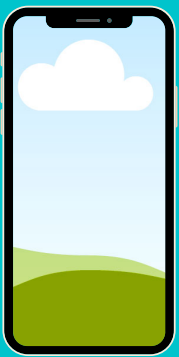
You have a right to your own personal space, boundaries, and to ask for what you need. Try sharing with your loved ones that you need an uninterrupted and protected block of 60 minutes, 1x week. If needed, place a handwritten sign on your door reminding them that you're unavailable.



SOUND MACHINE APPS

Create some white noise!

Download a free sound machine app on your smart phone to play noises that will muffle the voices from your session. Place your phone near or outside your door so that others nearby will hear noise, instead of what you're sharing! Check out: *White Noise Lite* or *White Noise Deep Sleep Sounds*



GO OUTSIDE

Get in touch with nature!

Grab your headphones and head outside. Find a quiet spot in your yard or head to a local park where you can focus on your session. Fresh air and Vitamin D are also refreshing! Don't forget your mask if you'll encounter others while traveling to your spot!



SESSION IN YOUR CAR

Shift into park and start your session!

If you have access to a vehicle, park in your driveway or down the street and log onto your session via smartphone. Make sure your car is in park and you're not driving before starting your session!



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