

## Tips for making the most of your session

### Before your session

Get tech set. You'll meet over Teams. If possible, try to set up your device a few days beforehand, so you're good to go on the day

Have a notebook handy. Maybe jot down your thoughts and feelings or some questions in preparation. You can even email these in advance of your session

Think about your space. Is the lighting OK? Your chair comfy? Is it quiet? Would a stim toy help? Or a furry companion to cuddle? Try to get a space set up that works best for you and helps you feel relaxed

Maybe have snacks and a drink available. Whatever helps you feel more at ease with yourself and less stressed

Maybe take a comfort break beforehand. Have a stretch. Put on comfy clothes. Being less stressed, should help you make the most of your session

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### During your session

Feel free to jot down and share thoughts and feelings. It's OK to ask questions. Remember, this is your session and you're the most important person there

Your psychologist will work to make their environment sensory sensitive. But, if you notice a distraction, it's OK to let them know

Feel free to move around, fidget with a stim toy, stretch or vocalise. It's also fine to request a break. Whatever helps you feel less stressed, is all good

You can turn away from the screen during your conversation or even turn your camera off. You might find this makes things more comfortable and helps you compose your thoughts

If talking gets a bit much, it's OK to type with the chat box. This is your session, so make the most of it by communicating in ways which suit you best

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### After your session

Your conversation may have brought up lots of emotions and feelings. It's OK to take some time to reflect, recharge and take care of yourself

You could try some deep breathing or stretching. Maybe shake your arms and legs, to help release any lingering tension. Cuddle a furry friend, perhaps

Maybe go outside, get some fresh air, ground yourself through the natural environment. Maybe immerse yourself in a favourite passion

Make the most of your session by collecting your thoughts and reflecting on your experience. Notice your thoughts and feelings. Maybe write them down

If you're meeting your psychologist again, perhaps plan for the next session. The thoughts and feelings you want to share or the questions you want to ask. Any adjustments to make your space more comfortable