# Best Practices: How to Get the Most Out of Your Online Experience

During the time of Covid-19, being in the online environment is going to keep us connected to the people and activities we care most deeply about, but it's not the same as meeting in-person.

One of the main differences is that it's easier to get distracted and harder to stay focused.

So, here are some best practices to keep in mind when preparing for our first session:

- Set yourself up in a quiet place where you won't be interrupted.

- Arrange your space so there is light on you from the front, not behind. When you're backlit, your face appears in shadow.

- Organize a set up where you are comfortable and where your face is occupying the majority of the screen. Interactive and warm facial expression and interaction calms our nervous system.

- Set your computer so that no notification sounds ping when you receive texts, emails, news, or social media alerts. That will help you focus solely on our call.

- DO NOT have your phone near you. Put it in another room so you won't be tempted to multi-task. Put it in airplane mode.

- Close all the other windows on your computer, so you are just at our meeting, nothing more, as if we were meeting onsite. This helps with concentration, and

also with limited bandwidth issues.

- Create a ritual for yourself as you prepare to join each session. Make the effort to create sacred space. Light a candle. Say a prayer. Put a special cloth on the table. Find a way to make this not just one more thing you do on your computer.