



CATIO SPACES®

Designing Spaces for Safe, Healthy & Happy Cats

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COVID-19: Feng Shui tips for your home and pets during the “Stay Home” directives

SEATTLE, Washington (April 14, 2020) -- With housebound families and pets, and animal shelters around the world reporting a coronavirus-inspired surge in pet adoptions and fostering, one cat expert offers pointers – and a fun, family project for thriving during stay home directives.

According to the [Centers for Disease Control and Prevention](#) (CDC), pet ownership has many health benefits, including decreasing stress, blood pressure, loneliness and providing opportunities for exercise and increased happiness. Pet ownership can also teach children the responsibility of caring for a pet.

For both current pet parents and those who may be adding a new furry friend to the household, Cynthia Chomos, a feng shui consultant and founder-designer at [Catio Spaces](#) in Seattle, suggests five tips for creating positive living spaces for humans and their pets.

“Feng Shui is the Chinese art of placement and a design system to create harmonious living spaces based on “chi” energy – the life force that exists in all things, animate and inanimate,” Chomos explained, adding, “Pets add positive energy to our homes and lives. Whether your fur family consists of dogs, cats or other creatures, a peaceful co-existence is possible – especially when family members are sequestered for extended periods of time.”



Feng Shui principles can be especially useful during stay-home orders to help all members of the household thrive (and survive) these turbulent times, according to Chomos.

1. Create a space of your own: If the walls feel like they are closing in or you’re experiencing too much family togetherness, carve out a space of your own. Whether it’s a bedroom retreat to read a book or a leisurely bath behind closed doors, take time to relax and recharge. If you’re working from home and your cat is sprawled across your keyboard demanding attention, place a cat tree near a sunny window so your cat can enjoy birdwatching. A dog bed placed nearby and out of the path to your workspace can provide comfort and companionship for both of you as you stay productive.

2. Move furniture to the “power spot:” Humans and animals have a primal need to feel safe and our homes are our safe havens. The location of key pieces of furniture in your home, such as your bed, desk or sofa, impacts whether you are in a proactive or reactive relationship to your surroundings. Check each room to see if your furniture, cat bed or dog crate is in the “command position” out of the direct path entering the room, a solid wall of support is behind you when seated or sleeping, you’re able to see the entrance, with the key piece of furniture as the focal point of the room. Avoid having your back to the door.

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3. Clear your clutter: Clutter blocks the flow of energy in your home and can not only create chaos and stress, it can also exacerbate a feeling of being “closed in.” Human stress also affects your pets and can lead to unwanted behaviors. Creating a sense of order is especially important in times of uncertainty. Remove household items if they get in your way, distract you from what’s important, or no longer have a use or place in your life. Tackle one room at a time, and encourage all family members to pitch in. Doing so can promote both a sense of accomplishment and serene living spaces - and open up space for playing with your pets.

4. Clean and refresh your surroundings: A clean home enhances vitality for its occupants. Give your home a deep clean by opening the windows to remove stagnant air, cleaning the panes for a sparkling view of the outdoors, washing bedding, pet beds and vacuuming dust and pet hair. Bathrooms can be a convenient place for the cat’s litter box, but a better location is a laundry room. If a bathroom door is left open it can negatively impact household finances by creating an “energy leak” through the drains, toilet and shower. (Water relates to money.) Keep the litter box clean and diligently scoop the lawn or other outside areas the dog uses.

5. Connect with Nature: Cut some flowers and foliage to bring the beauty of nature indoors. Fresh air and exercise are several benefits of spending time outdoors. Gardening activities or taking walks (adhering to social-distancing guidelines) in the neighborhood with your leashed pets create a daily opportunity for bonding and enjoyment. While dogs enjoy a fenced backyard, cats also need the enrichment of the outdoors. Try leash training your cat, or spending time in a catio, an enclosed outdoor “cat patio,” can provide stimulation and enrichment on a daily basis.



If you’re handy, a [DIY \(do-it-yourself\) catio plan](#) can take the guesswork out of building one – and it’s a fun weekend project

Catio plans are available in a variety of designs and sizes for a window, deck, patio, yard or garden. DIY plans from Catio Spaces are downloadable PDFs with detailed materials and tools list and step-by-step instructions with diagrams. Also included are tips for acclimating your cat to the catio space plus tips for cat-safe plants, enriching accessories, and décor.

Check local lumber stores as many offer delivery services and most home improvement stores are open while following social distancing guidelines.

Catio Spaces donates 10% from the sale of each DIY plan to animal welfare organizations. The company also has an [Affiliate Program](#) whereby animal welfare organizations that help cats, birds or other wildlife can generate revenue for their causes.

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While the coronavirus has heightened awareness of preventing the spread of disease, keeping healthy at all times is important for both humans and pets. Catio Spaces joins the CDC in encouraging pet owners to practice good pet hygiene and schedule regular veterinary visits to help ensure the well-being of every member of the household. As Dr. Casey Barton Behravesh a “disease detective” from CDC’s One Health Office stated, “Our bond with animals and enjoyment of nature are important for staying active, healthy, and happy. Practicing healthy pet habits can help you enjoy your pets while staying healthy.”

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More information:

[Centers for Disease Control and Prevention](#) on health benefits of owning pets

[Newsroom](#) (with company backgrounder, photo gallery, FAQs, Chomos bio)

[10 benefits of catios](#)

[DIY catio plans](#) (with considerations for choosing)

[Catimonials](#) (with before & after photos)

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