

Could your pet be stressed? Hidden signs and how to help him cope...right now!

3 Reasons to eliminate stress in your pet's life:

Stress has a major impact on pet health. If your pet is stressed out even only once a day, you need to stop it now. Whether you've added a new pet to the family, your pet suffers from separation anxiety, or is mourning the loss of a loved one; you can take steps now to help your pet feel better.

Stress has an immediate effect on behavior. If your dog or cat is aggressive or fearful, lacks enthusiasm or is hyperactive, stress is very likely part of the cause.

Your pet's illnesses or behaviors impact not only his own health and wellness, but yours. Trying to cope with health and behavioral issues is stressful, especially when there seems to be no solution in sight.

The three biggest mistakes people make when trying to deal with Pet Stress

Resorting too quickly to medications to resolve the issue

Depending on training skills rather than on what's going on with the pet's emotions to stop problem behaviors

Spending too much money in the wrong places to solve the problem

Why do people make these mistakes?

People love their pets, there's no doubt about it. In fact, they love them so much that they'll go to any length, and spend their last dollar trying to make them happy. Unfortunately, they sometimes think that they need to rely on experts to guide them in every aspect of their pet's care. There's nothing wrong with getting help – but sometimes the “experts” are versed in only one specialty – not looking at the whole picture. As a result, people can end up spending way too much money in the wrong places and their pets suffer as a result, often developing debilitating behavioral issues or diseases. A major key to a pet's health is happiness. If your pet is stressed on a daily basis, his health is in jeopardy.

My Story

I've lived off and on with animals throughout my life, and for many years after I moved to New York City, I longed for the companionship of a dog. I knew my lifestyle was not conducive to pet ownership. But as soon as the time was right, I adopted my dog Dasher. A year later, Bella joined her. But our lives did not take on the fairy tale quality I expected....of dogs lying at my feet and romping in open fields. Fear, aggression, and reactivity were not what I had expected to become an expert in.

After going the extra mile exhausting every avenue I could think of to make my dogs happy, I discovered the benefits of holistic living, including therapies like Reiki, flower essences, aromatherapy and massage. Using these therapies, finding a holistic vet, and a trainer, both of whom understood the importance of getting to the root of the problems, rather than just trying to stop them without understanding their causes made a profound difference in our lives.

Now I share this knowledge with my clients so that their pets can recognize issues like separation anxiety, and fear aggression, and helping them overcome problems like chewing, inability to be crated, lunging on the leash and excessive barking. Their pets are happier and healthier– and so are they.

Three tips to de-stress your pet

1. While pet owners, dog owners in particular, hear all the time how important exercise is for pets, they need some quiet time, too. Find time to spend each day with your pet. You can use it to meditate with or to massage your pet. If

you meditate, your pet will pick up on the peaceful vibrations, and tend to gravitate toward you. You could say that the relaxation is “catching.” Deep relaxation is one of the most powerful healers since it calms the mind and slows the heart rate. Never underestimate the power of touch. Your thoughtful massage or petting session, done with the intention of helping your pet heal can work wonders, for you, your pet, and your relationship with each other. The more calm and centered you are, the less frustrated you’ll feel about your pet’s issues. Developing a calm attitude and patience with your pet will work wonders for his self esteem, and help the healing process begin.

2. Try to find the root of the problem. If your dog’s barking is over the top, what’s causing it? Too little exercise? Insecurity? Sometimes finding the exact cause is not easy and soon the problem seems to become out of hand and impossible to solve. Keep spending quiet time together, and often, the reason will become apparent. If he’s fearful, what is he fearful of? Once you have the key information, you will often find that a natural and inexpensive remedy, like a flower essence, found in many health food stores, will reduce or eliminate the problem. Natural remedies are not only less expensive than pharmaceutical drugs, but do not cause dangerous side effects which can compromise your pet’s quality of life or health.

3. Think of money spent on wellness as an investment in your pet’s happiness and longevity. While a massage or a Reiki session may sound like something only those with a luxury lifestyle indulge in, consider this: whether your pet is healthy, young, terminally ill, or a senior pet, maintaining quality of life through reducing stress can :

- Speed healing of injuries
- Heal emotional wounds
- Help pets feel comfortable in their own skin
- Improve training results
- Increase confidence
- Strengthen the immune system, helping stave off disease in the future and resulting in a longer, healthier life

When you compare a regular investment in your pet’s wellness to the potential expense of prolonged veterinary care, medications, and procedures, in addition to the suffering that can be alleviated, you’ll find that it’s well worth it when a balanced life, true health, wellness and happiness emerge – for both your pet...and you!