



The Intuitive Connection

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Anxiety and Pets

Many animals suffer from anxiety. The cause can be varied, but the end result is a stressed out pet. Since this topic comes up a lot during my animal communication sessions, I'd like to offer some natural, alternative options to help your animal feel calmer and less anxious.

1. **Exercise:** Some animals need the physical release in order to bring their anxiety levels down. Whether the cause is from being cooped up all day, a change in routine, or just plain loneliness, physical exercise is a good way to release all that pent up energy. This isn't just for dogs, cats and horses need exercise too.
2. **Mental Stimulation:** While some dogs may be content being couch potatoes, other's minds are very active and need a positive way to keep busy. Many animals get stressed out because they are bored and have been home alone for several hours. Try teaching your pet a new trick, or give them puzzles that they need to solve so they can focus on something other than their stress. If the cause of your animal's stress is an item (the dreaded vacuum cleaner for many pets), teach them a trick to help divert their attention away from the item that is causing the stress. Plus, you'll both get the added benefit of bonding and spending time together, which is sometimes the cause of your pet's stress to begin with.
3. **Music:** They say music can soothe the savage beast, so why not try it with your pet? Pets suffering from stress due to being alone may find soothing background noise comforting. Try playing classical music, or gentle relaxing music. A recent study done by the Scottish SPCA and the University of Glasgow observed two groups of dogs in a kennel. For one week, one group of dogs were played classical music from Bach while in their kennel, while the other group was not. After one week, the groups were switched. In both cases, the dogs in the kennels with music had less observable stress than the group without music.
4. **Massage, Acupuncture or Chiropractic:** Applying gentle touch to natural pressure points on your pet's body (like the feet, ears, and top of the head) can help relieve anxiety in as little as 15 minutes. If you've ever had a massage, you know how relaxing it can be, so why not give your pet the same treatment? Or if the cause of your animal's anxiety is due to pain, then acupuncture or chiropractic treatments might be an option to help your pet alleviate their stress by reducing or relieving the pain. Acupuncture helps by



stimulating the body to release pain relieving substances, while chiropractic helps to align the body into its proper position when something is out of place.

5. **Compression:** Many dogs benefit from a tightly fitting garment wrapped around the chest and rib cage area. The feeling of being “wrapped up” can help to calm the nerves. The Thundershirt® is a popular brand that has helped many dog owners.
6. **Herbs, Homeopathics and Essential Oils:** Herbs can have a calming effect on your pet. Here is a list I found that are safe for dogs (you would need to do some research to verify if these are cat/horse safe). Also please do additional research on the amount that should be given based on your pet’s age, weight and overall health.

Herbs:

- Chamomile: helps calm anxiety and induces sleep. You can give chamomile tea directly to your dog to ingest or soak their favorite treat in the tea.
- Passion Flower: contains flavonoids that are known to have anti-anxiety and relaxing effects. Also can be useful for pets who suffer from insomnia related stress.
- Lemon Balm: acts as a sedative and is effective in treating excitability and anxiety.
- Oat: great for calming the nerves and is a great form of nutrition. Cooked oatmeal may be added to your pet’s diet.
- Valerian: reduces tension, anxiety and excitability.
- Skullcap: effective for nervous tension.
- Echinacea: helps to strengthen the immune system to give the body a boost when under stress.
- St. John’s Wort: reduces stress, anxiety, and is commonly used to help alleviate phobias.
- Siberian Ginseng (*Eleutherococcus senticosus*): an herb that helps the body adapt to stress by reducing cortisol levels and enhancing immune function.
- CBD oil: derived from hemp, it is found to be calming, soothing, and helps to reduce anxiety.



Homeopathics:

- Rescue Remedy: contains 5 flower essences that help alleviate stress without a sedative effect.
- Borax (not the powder used for cleaning): helps when pets are easily startled (example: loud noises, sudden movement, etc).
- Chamomilla: given in low potency, can help calm anxiety.
- Passiflora incarnata: has calming properties for anxiety or stressful situations without a sedative effect.
- Phosphorus (not the trace mineral): helps to calm when in a threatening or fearful situation (such as a vet’s office or thunderstorm).
- Rhododendron: good for anxious pets who are sensitive to thunderstorms, or stormy weather.

Essential Oils:

The following list is for dogs, but feel free to contact me for a list of stress relieving oils for cats or horses.

- Arbovitae, Basil, Bergamot, Blue Tansy, Cedarwood, Clary Sage, Copaiba, Frankincense, Grounding Blend, Lavender, Litsea, Mandarin, Manuka, Melissa, Neroli, Patchouli, Petitgrain, Restful Blend, Roman Chamomile, Spearmint, Spikenard, Vetiver, and Ylang Ylang.

7. **Check Your Stress:** Animals can act as a mirror or reflection of our own anxiety. Ask yourself has your anxiety or stress level changed? If the answer is yes, then you might be the cause of your animal's stress. Our pets love us so much, that sometimes they try and take on our issues as a way of helping us. However, many times, they don't know how to release it once they've taken it on. If you notice that your elevated pet's stress level has a correlation to your own elevated stress level, there are a few things you can do. First, thank your pet for trying to help you (by taking on your stress), and let them know to release it. Then let them know they don't have to take on your stress any longer. Ask them instead to simply cuddle with you (I don't know about you, but pet cuddles have a way of relieving my stress). Another option is to try meditation, yoga, go for walks, etc. Basically any technique that will reduce your stress level will have a positive effect on reducing your pet's stress level. And if you can include them in the activity that will work even better.
8. **Time For a Vet Check:** One of the causes of anxiety is pain. Another could be illness. If your animal's behavior has suddenly changed, it might be time to take them to see the vet. The issue may be resolved with proper treatment and/or medication. If you've ruled out a health issue, then look into the other suggestions listed in this article.
9. **Animal Communication:** While animal communication can't change an animal's personality (some animals are and will always be nervous), it can help get to the cause of why your animal is suddenly acting differently or afraid. Understanding the cause of your pet's anxiety could help reduce or alleviate the issue. For example, one of my clients had a rescue dog that would suddenly become afraid for no apparent reason. In communicating with the dog, I was able to learn that the cause of the stress/fear was due to a hand movement that my clients were doing. The dog related that hand gesture with a negative consequence from it's previous situation. They had no idea that a simple movement of the hand could cause so much anxiety. Now that my clients were aware, they were able to eliminate that hand gesture, which in turn, eliminated the stress/issue.

Sometimes the cause is clear, but if not, give animal communication a try.

I hope you found these tips useful. Before using any of the herbs or homeopathic remedies on your pets, please do additional research to ensure safety. In regards to the essential oils, I've already done the safety research and am happy to help you if needed. Also, keep in mind what works great for one animal may not work for another. They are all beautifully unique in their makeup, so you may have to try a few different things before finding what works for them.



Upcoming Events

Merry Christmas



See you in 2019



Trinity Healing

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils/Consultations

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Kris Tondee

Psychic Reader

Website: readingsbykristondee.com

916-605-9091