



MELLA LUNA HEALING

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Keeping Pets safe, calm, and happy this Holiday season

By Dawn R. Tule, December 2023

Animals pick up on how we Feel over what we Say. So, telling them that everything is ok while feeling stressed to the max is not effective, and sends a mixed message to them. The only way to reassure them that all is ok is to actually BE calm ourselves!

This is one way that animals help us, and how we can help them by being an emotional leader. 'I want you to be calm, and I'll demonstrate that by being calm' is Way more effective and helpful for everyone. Taking a few long deep breaths with the exhale longer than the inhale is a quick and highly effective way to hit the reset button. Try this at regular interval throughout the day and evening to keep stress in check!

Do you find yourself giving extra 'treats' around the holidays? Perhaps foods they normally wouldn't be allowed to eat? Or maybe a well-meaning family member is slipping them holiday food under the table. An unhealthy diet can affect animals the same way it affects us with indigestion, bloating, heartburn, or worse!

Most of us know that chocolate is toxic to dogs, but did you know that there's a whole list of holiday foods that can be toxic as well?

Protect your pets and prevent tragedy by offering alternatives that people can feed your pets while they're visiting.

During the holidays, animals get stressed by change in routine, busy schedules, more visitors, and need a break ~ just like you do!

We can help them by noticing when they're feeling stressed and giving them the space they need in a separate room, or maybe a walk around the block to relieve some tension.

Doing your best to stick to feeding times, walking times, and not forcing them to come out into or through a room of people to get food or use their litterbox can be helpful to keep stress at a minimum.

There are so many lost animal cases that come my way every holiday that people use fireworks or gunshots. Please, please make sure your animals are safe and secure if you know this is going to be happening in your area. Even if it never bothered them before. Even if the tie or tether is usually strong enough. Even if they normally go out at night and always come home. It's just not worth the heartbreak of them running away terrified and afraid to return home, especially in the colder weather.



If you have horses, maybe a chat with the neighbors about if/when they plan on using fireworks so you can take measures to protect your horses. I've found that most people don't want to cause harm or terrify the animals, and you may even help create a shift for a more compassionate mindset!

Playing Dog Relaxation music or Cat Relaxation music with purring is an underutilized tool to help animals who are very stressed. The purring videos work wonders on stressed cats as well as cats who are ill. You can find these videos on YouTube.

Bach Flower Essences are also helpful, and Rescue Remedy can be applied to both dogs and cats safely. Essential oils are toxic to cats, and some are toxic to dogs, so please do your research before using this tool. Thunder shirts or even a baby t-shirt or toddler t-shirt depending on the size of your dog can be helpful as well.

A little prevention and awareness can go a long way to assure everyone has a safe and happy holiday together!

Thank you for reading! Please let me know your favorite calming techniques!