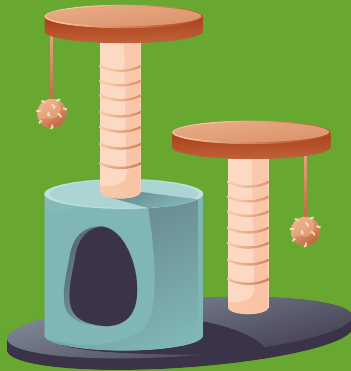


# 4

## TOP TIPS:

# Keeping pets calm & anxiety-free



### #1. Safe space

Create a safe space where your pet can retreat to, when they're feeling overwhelmed or anxious. Add a comfy bed or blankets to make them feel extra snug.

### #2. Desensitisation

Gradually introduce your pet to things that might cause anxiety, like car rides or loud noises, in a controlled and positive way. Positive reinforcement is great to let your pet know they're doing well.



### #3. Establish a routine

Pets thrive on routine. Create a consistent daily schedule for feeding, exercise, and playtime. Predictability can reduce anxiety in pets by giving them a sense of security.

### #4. Natural remedies

Consider natural remedies like pheromone diffusers and herbal supplements to help ease anxious pets. Always seek the help of a veterinary professional before you give any remedy to your pet.

