



The Truth ABOUT STRESS What You NEED To Know!



What is stress?

Stress is the body's natural response to perceived threats, activating the sympathetic nervous system to release hormones like adrenaline and cortisol, leading to the "fight-or-flight" response. While beneficial in short bursts, chronic stress can result in weakened immunity, digestive disorders, behavioral issues, and disease due to prolonged high alert without recovery time.

Think of stress like a bank account...

Withdrawals happen when factors like poor diet, lack of exercise, environmental stressors, or emotional trauma deplete an animal's resilience.



Deposits restore balance through relaxation, enrichment, self-selection of natural remedies, and positive experiences.

Our goal? To keep this account in balance, ensuring more deposits than withdrawals.

Recognising Stress

Early detection is crucial in preventing stress from escalating into illness.

Look for these key signs:

Subtle Signs: Increased scratching, nervous pawing, sudden loss of playfulness, or avoiding eye contact.

Behavioural Signs: Excessive barking, pacing, aggression, destructive behaviour, compulsive licking, or withdrawal.

Physical Signs: Poor coat condition, digestive upset, weight loss, recurring infections, or tension in the body.

Consider what might be causing hidden stress:

🔍 Have there been recent changes in routine, environment, or social dynamics?

🔍 Is your pet experiencing discomfort, pain, or sensory overload?

🔍 Are they being forced into situations that don't align with their natural instincts?

By identifying these factors, you can proactively adjust their environment and restore balance.

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4 ways YOU can reduce it...

My top tip is to work with their natural instincts rather than against them. **Here's how:**

1. Botanical Self-Selection: Animals in the wild instinctively seek out plants, minerals, and clays to heal themselves. This process, known as zoopharmacognosy, allows pets to select botanical remedies that help regulate stress and support their health. By offering safe, natural choices, we empower them to restore their own balance.

2. Species-Specific Care: Each species has evolved with unique physical, emotional, and environmental needs. Ensuring they receive the right diet, socialisation, and mental stimulation prevents unnecessary stress.

🐕 Dogs thrive on scent work, problem-solving activities, and structured routines.

🐈 Cats need vertical spaces, hunting simulations, and choice-based interaction.

🐎 Horses require herd integration, varied movement, and stress-free handling.

3. Environmental Management: A calm, enriched environment is key to stress prevention. Simple changes can make a huge difference:

✓ Avoid unnecessary confinement or isolation.

✓ Provide mental stimulation through puzzles, foraging, and natural behaviours.

✓ Reduce exposure to excessive noise and household stressors.

4. Strengthening the Human-Animal Bond: Animals feel safest when they trust their environment—and their guardians. Strengthening your bond through gentle touch, presence, and positive reinforcement helps build emotional security and reduces stress levels.

READY TO RESOLVE YOUR PETS STRESS?

Book Your FREE Discovery Call Today!