

LOTUS LOVE FRENCHIES | WELLNESS GUIDE

A Frenchies Guide to Emotional Well-Being

A Practical Guide to Emotional Well-Being at Home

Bred with intention. Raised in calmness.
Intentionally nurtured to meet you
exactly where you are.

Lotus Love Frenchies | Folsom, California
lotuslovefrenchies.com | [@lotuslovefrenchies](https://www.instagram.com/lotuslovefrenchies)

Paws, love , & healing.



THE FOUNDATION

Your Frenchie is already doing the work.

Most people wait for happiness to arrive. A Frenchie helps you notice it's already here.

Because our dogs are bred from emotionally attuned parents and raised by a behavioral specialist and 4th generation energy worker, they carry a nervous system baseline that is genuinely different from most dogs. They do not need to be trained to calm you. They already know how.

This guide shows you how to receive what they already give.

A Lotus Love Frenchie becomes a healing companion when you do three things:

- *Slow down*
- *Become present*
- *Invite connection*

The five practices in this guide give you a structure for doing exactly that in real moments, in real life.

01

Regulation

Using your Frenchie to calm the body

BEST FOR

Anxiety · Overwhelm · Racing thoughts · After a stressful moment

How to do it:

1. Sit or lie down next to your Frenchie
2. Place one hand gently on their chest or side
3. Match your breathing to theirs — slow, steady, no forcing
4. Stay there for 2 to 5 minutes without agenda



REAL-LIFE EXAMPLE

You've had a long day. Your chest feels tight and your mind won't slow down. Instead of reaching for your phone, you sit on the floor. Your Frenchie settles beside you. You feel their steady breathing under your palm.

Without forcing anything... your body begins to follow.

WHAT THIS SUPPORTS

- > **Physical:** lowered heart rate, reduced physical tension
- > **Emotional:** sense of safety, comfort, and being held
- > **Mental:** quieter thoughts, grounded awareness

02

Emotional Release

Letting your Frenchie hold space

BEST FOR

Sadness · Grief · Feeling alone · Emotional overwhelm

How to do it:

1. Find a quiet space and sit with your Frenchie
2. Pet them slowly and consistently
3. Speak out loud or internally what you are feeling Let
4. emotions come without fixing or judging them

REAL-LIFE EXAMPLE

You're holding in a hard day. You don't want to burden anyone. You sit with your Frenchie and start talking anyway. They don't interrupt, they don't fix, they don't judge.

They just stay. And sometimes... that's everything.

WHAT THIS SUPPORTS

- > **Physical:** release of built-up stress hormones
- > **Emotional:** feeling seen, less alone, genuinely heard
- > **Mental:** clarity and emotional processing



03

Personal Training

Learning to slow down through observation

BEST FOR

Feeling disconnected · Constant busyness · Difficulty being in the moment

How to do it:

1. Watch your Frenchie for 3 to 5 minutes — nothing else
2. Notice how they move, breathe, and rest
3. Mirror their pace — slow, intentional, unhurried
4. Let go of urgency for those few minutes

REAL-LIFE EXAMPLE

Your mind is jumping from task to task. Meanwhile your Frenchie is fully content laying in a patch of sunlight. No rush, no pressure, nothing to prove.

You sit with them... and remember that life doesn't always need to move fast.

WHAT THIS SUPPORTS

- > **Physical:** reduced cortisol, lower stress response
- > **Emotional:** calm, contentment, relief from pressure
- > **Mental:** mindfulness, present-moment awareness

04

Connection Rituals

Building a daily practice of intentional bonding

BEST FOR

Daily grounding · Strengthening trust · Building healthy routine

A simple daily framework:

Morning 10-minute cuddle before phone or screen use



Midday An intentional walk with no distractions, full presence

Evening Quiet wind-down together before bed

REAL-LIFE EXAMPLE

Instead of starting your day with notifications, you start with connection. Your Frenchie learns: I matter. You reinforce: This is what matters. Ten minutes. No agenda. Just presence.

That ritual becomes the anchor the whole day is built around.

WHAT THIS SUPPORTS

- > **Physical:** nervous system stability through predictable rhythm
- > **Emotional:** deeper bond, consistent daily comfort
- > **Mental:** intentional living, reduced reactive decision-making

05

Co-Regulating for Hard Moments

Using your Frenchie as an anchor for children

BEST FOR

Meltdowns · Impulsive behavior · Emotional dysregulation in children

This is where the Lotus Love difference is most profound. Because our dogs are bred specifically for nervous system stability, they are uniquely equipped to act as a calm anchor during a child's most dysregulated moments.

How to do it:

1. Bring the Frenchie nearby — don't force interaction
2. Invite the child to sit or pet if they're willing
3. Use simple language: Let's breathe like the dog or Feel how calm they are No
4. lecture. No pressure. Let the dog anchor the moment



REAL-LIFE EXAMPLE

A child is overwhelmed and reactive. Instead of escalating the moment, you bring the Frenchie into the space quietly. No words needed. Just the dog's calm presence breathing steadily, unbothered, grounded.

The dog becomes the bridge back to calm. And the child learns, over time, that calm is always available.

WHAT THIS SUPPORTS

- > **Physical:** nervous system reset through co-regulation
 - > **Emotional:** safety, reduced intensity, feeling less alone learning
 - > **Mental:** self-regulation through modeled calm
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THE DEEPER TRUTH

Your Frenchie isn't here by accident.

They don't overthink love. They don't withhold presence. They don't ask you to be anything other than human.

They meet you exactly where you are, every single time.

"And in doing that... they teach you how to do the same for yourself."

At Lotus Love Frenchies, we don't just raise dogs. We nurture companions who are emotionally attuned, deeply connected, and naturally grounding because we believe healing doesn't always come in big moments. Sometimes it breathes beside you, rests next to you, and quietly brings you back to yourself. The right companion has a way of making life feel calmer, more connected, and filled with joy.

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