JULY

CALM

#LoveMyDog365

NOTES

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Calming Tip #1: Provide a sniffing activity for your dog.	**2** Calming Tip #2: Turn the lights down low.	**3** Calming Tip #3: Consider using a Thundershirt.	**4** Calming Tip #4: Give your dog a healthy and long lasting chew (supervise).	**5** Calming Tip #5: Pet your dog slowly and calmly (if she enjoys petting).	**6** Calming Tip #6: Provide a familiar and safe space.
7 Calming Tip #7: Bring the sights of nature inside.	**8** Calming Tip #8: Stay present in the moment with your dog.	**9** Calming Tip #9: Keep your dog's environment predictable.	**10** Calming Tip #10: Remain grounded.	**11** Calming Tip #11: Bring nature sounds inside.	**12** Calming Tip #12: Meditate with your dog.	**13** Calming Tip #13: Play music designed for calming.
14 Calming Tip #14: Talk to your vet about CBD or medication to support your dog.	**15** Calming Tip #15: Consider providing energy healing sessions to support your dog.	**16** Calming Tip #16: Experiment with white noise.	**17** Calming Tip #17: Provide some calm and safe time in direct contact with the earth.	**18** Calming Tip #18: Bring nature smells inside.	**19** Calming Tip #19: Practice yoga and allow your dog to be near.	**20** Calming Tip #20: Mentally send your dog calm pictures, words, and feelings.
21 Calming Tip #21: Offer your dog massage.	**22** Calming Tip #22: Help your dog relax by taking deep and slow breaths.	**23** Calming Tip #23: Create a quiet space for your dog.	**24** Calming Tip #24: Place some calming crystals near your dog's favorite resting spot.	**25** Calming Tip #25: Employ strategies to remain calm yourself.	**26** Calming Tip #26: Offer your dog accupressure.	**27** Calming Tip #27: Diffuse a small amount of lavender in your home.
28 Calming Tip #28: Give your dog a frozen food toy to lick.	**29** Calming Tip #29: Practice self-compassion. You are doing the best you can to support your dog.	**30** Calming Tip #30: Try using Rescue Remedy.	**31** Calming Tip #31: Set an intention for your dog to relax during the potentially stressful event. Visualize your dog calm and content.			