



10 Ways to Calm Your Dog Naturally

1. **Play Soothing Sounds:** Soft music or gentle nature sounds can relax your dog and mask unsettling noises. You can find free dog music videos on YouTube.
2. **Get That Body Moving:** Walks, playtime, or fetch help your dog burn off nervous energy.
3. **Set Up a Cozy Hideaway:** A quiet space with soft bedding gives your dog a safe spot to unwind.
4. **Keep Their Brain Busy:** Puzzle toys, treat games and interactive dog toys can keep the mind engaged and anxiety at bay.
5. **Try a Little Doggie Massage:** Slow, gentle strokes on the back, neck, and shoulders can lower stress and build trust.
6. **Use a Calming Wrap:** Wraps that apply gentle pressure (like ThunderShirts) make dogs feel more secure.
7. **Reward Calm Moments:** Praise and treat your dog when they're relaxed to reinforce that behavior.
8. **Let Them Sniff on Walks:** A sniff-filled stroll calms the senses and helps dogs decompress naturally.
9. **Do Easy Command Training:** Spending time teaching your dog basic commands helps build their confidence and creates a loving bond between you!
10. **Spend Time with Your Dog!** The best way to make your dog feel calm, safe and secure is to spend time with them. Invite them to sit near you often.