



The Harmony Toolkit

Emotional Safety for Healing Pets



1. Safe Space Setup Checklist

Create a physical space that signals “you can let go here.”

Choose a location that is:

- Away from high-traffic zones (*no kitchens or hallways*)
- Sheltered (*corner or partial enclosure is ideal*)
- Free of sudden noises (*no dryers, TVs, speakers nearby*)
- Consistently available (*not packed up between uses*)

What to include:

- A soft bed or blanket with your scent
- A comfort object (*like a favorite toy or cloth*)
- A dimmable light source or access to natural light
- Background sounds: nature sounds or calming instrumental (*no talking*)
- Optionally: a diffuser with pet-safe essential oils

2. Emotional Cues & Rituals

Animals thrive on repetition. Build calm with familiar language and signals.

Choose 1-2 phrases to use consistently during calming times:

- "You're safe."
- "All is well."
- "I'm here."
- "Good rest."
- "Let go."

Ritual Suggestions:

- Lightly stroke along the shoulders while repeating your phrase
- Pause at thresholds and breathe together
- Use the same order and rhythm for daily routines



3. Nervous System Reset Practices

Two simple ways to help your pet downshift from tension into regulation.

Grounding Touch (Active Reset - 2 minutes):

- Sit beside your pet calmly.
- Place your hand gently on their shoulder or ribcage.
- Breathe in for 4 seconds, out for 6.
- Match your breath to theirs. Speak one calming phrase softly.
- Stay until their breathing slows or body softens.

Presence Pause (Passive Reset - 2-5 minutes):

- Sit quietly near your pet with no phone, no music, no talking.
- Keep your body still, eyes soft.
- Let your pet choose to approach or settle.

4. "Read the Room" Body Language Basics

Signs your pet is not emotionally regulated:

- Sudden bursts of energy or reactivity
- Pacing, lip-licking, yawning out of context
- Tight body posture or head kept low
- Avoiding eye contact or overly fixated on you
- Constant shifting between activities

Signs your pet is settling into safety:

- Deep sighs or soft exhalations
- Loose body posture, curved spine, slow movements
- Seeking gentle contact
- Curling up or resting near you
- Stretching fully with visible belly or paws tucked



5. Your Energy Matters: Grounding Self-Check

Before you engage with your pet, take 10 seconds:

- Am I rushing or tense?
- Can I slow my breathing?
- Can I soften my voice and move slower?
- What emotion am I carrying into the room right now?

Even just pausing at the door and placing your hand over your chest can change the tone of your interaction.

6. Sample Daily Flow (for a Healing-Focused Day)

Morning:

- Soft greeting phrase
- Calm outdoor time
- Body check with gentle touch
- Food and supplements
- 10-minute slow sniff walk

Midday:

- Nap in a safe space
- Passive presence nearby
- Use soft phrases during transitions

Evening:

- Predictable walk time
- Pre-sleep massage or Reiki
- Bedtime phrase and lights dimmed