

Helping your pets cope with the stress caused by loud noise.

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**By Mariangie Gonzalez**

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Which is the noisiest species of all? Nope, not the lions, or the elephants, or the geese... it's us, humans. Our voices were not enough, we started making music and creating musical instruments to help us being louder.

This Holiday season will not only be noisy, this year we're starting earlier because this year we have Election Day! Where I'm from, we go to the streets and make loud noises with our car horns after the results are official and we know our party won, maybe you're so excited because you know your candidate is going to win, that you are already prepared with everything to celebrate your triumph the noisiest way, but have you thought about how that noise affects your pet?

Pets don't understand what is happening, even if you dress them with a patriotic costume. They don't know this are "happy" noises, they just perceive them as a sign of danger. They get nervous, afraid, and if they feel they're exposed they will try as hard as they can to look for a hideout, sometimes this means they run away.

What can you do to minimize the effect of loud noises on your pet?

1. Ask your veterinarian if it's recommended to give your pet a mild sedative, be sure to ask for the correct dose depending on the pet's weight. There are natural remedies to cope with stress for pets you should consider those too.
2. Keep your pet in a room in which he/she feels safe. Put there his/her bed, fresh water, food and make sure the room has proper ventilation, but that the pet is not capable to escape.
3. If you have to leave your pet outside, check all fences for loose parts or openings and fix them in order to prevent your pet from escaping through them.
4. Keep your vet's phone number at hand in case of an emergency.
5. Make sure your pet wears his/her collar with ID tag at all times, and that the contact information in the tag is updated.
6. Keep a recent and clear photo of your pet available, in the event of your pet getting lost, you can make flyers and post them everywhere. Remember that a frightened pet can run long distances so he/she may end up far from home and don't know his/her way back. Send the photo to your local paper

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too, they must have a missing pets section and it can reach more people than the flyers.

Remember this is only the beginning, later comes, Christmas, New Year, 4th of July... Keep these precautions at hand and your pet will do fine.

Mariangie González is an Agronomist with a major in Animal Science and runs the day-to-day operations of her home-based business and website which carries natural pet care, pet aromatherapy, holistic pet health, pet toys, pet jewelry and much more. She can also help you start your own home-based 100% natural pet supplies business, you can visit online at:  
<http://www.MindBodyAndPaw.com>

## **A Basic Outline To Cope With Stress!**

**By Ashish Jain**

Your ears might have heard countless number of times "do this... and get away from stress," or, "do that...", and you will be totally relieved of stress,"turning you even more stressed out!!

...Stop scratching your head over what to be or what not to be done. I have compiled a definite set of action plan to cope with stress in life. I have tried it in the past and it really helped. In fact, I have used them time and again.

This might help you as well, simply read on.

1. Beware of your own warning signs. For, this could just be a sudden feeling of anxiety.
2. Consider what is really causing stress to you? You may be surprised to find the fact.
3. Think over what you could do to change the things. Find out how much of stress is indeed caused by you?
4. At times, due to excessive stress we fall into vicious trap of not eating properly and go to ill practices such as smoking and drinking to further worsen the situation. Instead, you should try and eat a balanced diet.
5. Eat complex carbohydrates rather than refined ones. This will really help you cope with mood swings.
6. Eat plenty of fresh fruits and vegetables and keep sugar and salt intake low.
7. Drink plenty of water, it will rehydrate your body. Try to keep caffeine consumption to the minimum.
8. Avoid nicotine or any other self prescribed drug.
9. Don't feel guilty about including a period of relaxation every day. We all need to turn off from time to

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time.

10. Do something that is creative and helps you relax. Say, listen music, do yoga, meditate, enjoy aromatherapy or any other stress busting exercise.

11. Learn to be more assertive and try to manage your time properly.

12. You can even consider attending a stress management training course.

13. Don't be afraid to ask for help when you need it.

These are certain steps that can truly help you cope with stress. It will work wonders for you. The choice is yours, if you wanna live with stress or acquire any of these good points to mar the stress out of your life.

Ashish Jain writes on different topics. For more information on stress management visit

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