

# BACK TO WORK

How to help your Pets cope



BY ANIMAL COMMUNICATOR  
DAGMAR KLINGENBOECK

# BACK TO WORK: HOW TO HELP YOUR PETS COPE

After we have all spent a lot of time at home, our Pets are now used to the idea of having us around full time. It might not seem like much to you, but your presence relaxes them and makes them feel safe. Does your Pet follow you around the house and rests not far from you, wherever you are?



So what will be the impact on our Pets when life goes back to “normal” for us? We will be leaving the house again on a regular basis. We are going to work again, shopping and socialising with friends. This means that all of a sudden our Pets are at home on their own for a lengthy period of time. What can we do to help them adjust to the new situation?

Here are some tips and tricks how you can prepare your Pets for the new situation so they will feel happy, entertained and safe.

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## 1

### ESTABLISH A ROUTINE

**Pets who feel anxious and nervous feel a lot safer if they have a routine. This could be a morning walk followed by breakfast and rest time. Plan to keep the routine up. Take them for a walk, give them breakfast and leave the house when it is their resting time. A well established routine leaves no room for worry. They know what is coming next. If you leave the house when it is their “walking” time, they will not understand why they cannot come with you.**



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## 2

### GET YOUR PET USED TO BEING ALONE

**Plan ahead, start by leaving the house for a short period of time (this could be starting with 10 minutes for a young/new Pet or 1 hour for Pets who have previously been on their own. Over the next few days (or a week) increase the time they are home alone. This will depend on your individual Pet. Assess your Pet and make sure they are comfortable with your training. You might need to take a step back if they show signs of stress and anxiety.**



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### TELL YOUR PET WHERE YOU ARE GOING

**Pets understand what you are saying to them. Explain to them where you are going, what you are doing and when you are coming back. It doesn't necessarily mean that they are not stressed. It can help them feel less anxious because they know what to expect and that you are definitely coming back. Remember, you are their world and they are relying on you. They need to know that you won't abandon them.**



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### GIVE YOUR PET A JOB TO DO



**Your Pet might be bored, lost or anxious when you are away. A good idea is to give them something to do while you are gone. This can be something as simple as looking after the house, keeping mice away or making sure they keep all the flies out. It should be something they can do and enjoy doing without being stressed or anxious (e.g. you wouldn't ask a scared dog to protect the house while you are away).**

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### SAY GOODBYE TO THEM

**Don't just leave the house. Make an effort to find your Pet, spend a few minutes with them, reassure them and tell them you will see them soon.**

**Make sure you are not dramatic or worried, they will pick up your concerns which can make them anxious and stressed.**

**Have a laid back attitude and confidence.**



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### KEEP YOUR PET ENTERTAINED



**Make sure your Pet has got access to water and food (if their diet allows it).**

**Keep them entertained by letting them have their favourite toy. There are a lot of games you can prepare in advance. You could give them a toy with treats inside, and they have to work out how to get them out. You could hide treats in different places around the house. If your Pet loves watching TV or listening to the Radio, you might consider leaving them on.**



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## KEEP YOUR PET SAFE!

**Make sure your Pet has access to a place where they feel safe. They might prefer to sleep on your bed because they can smell you. They might have a favourite spot under your office desk where they can hide when they are scared. They might have a security blanket or toy.**

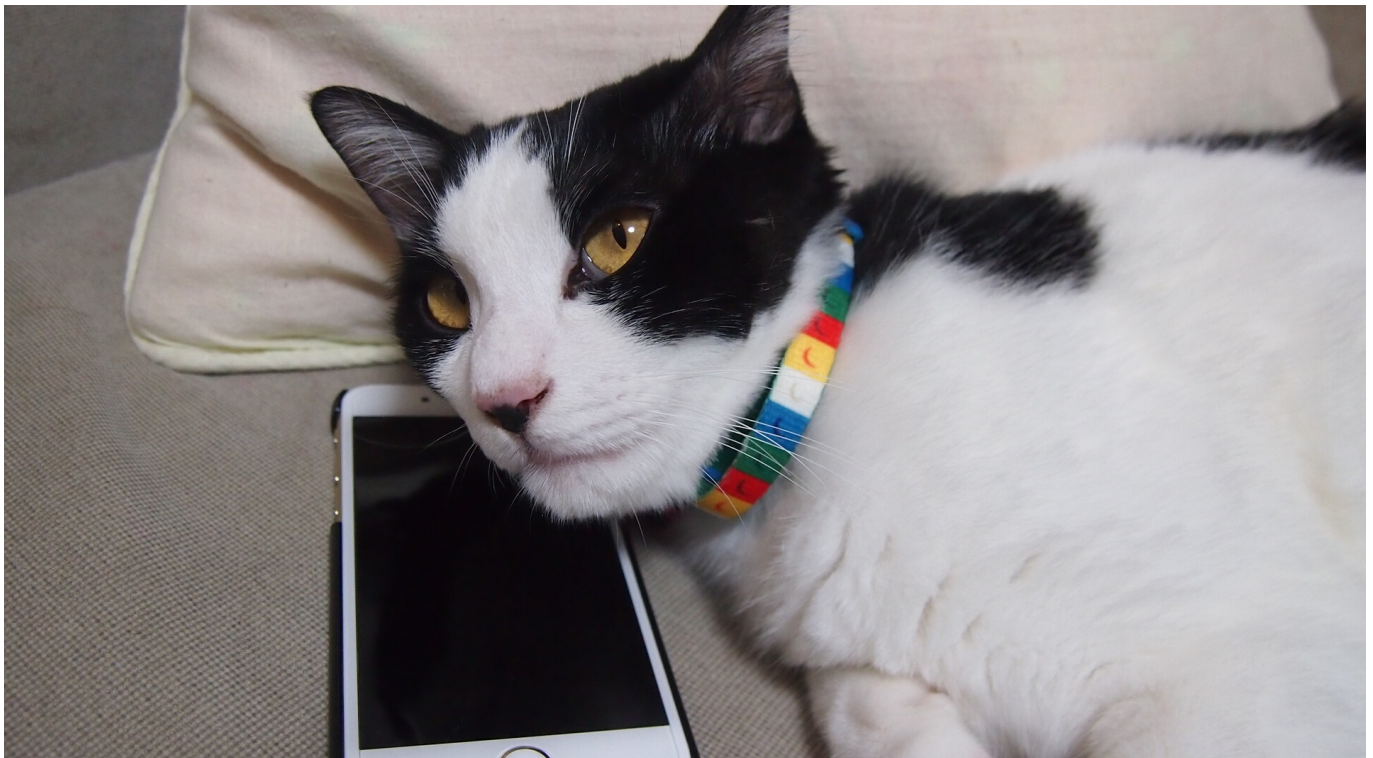


**Make sure they are comfortable and safe in the environment you choose for them. For example, you would not want to keep your dog outside in a thunderstorm when you know they get scared. You might even want to consider using good quality Essential Oils (let me know if you would like more information) for your Pets to help them relax while you are away.**

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## CHECK IN WITH YOUR PET



If you are gone for a long period of time, “check in” with your Pet occasionally. This can be a quick thought, a loving feeling or a positive message you have for them. Let them know that they are safe and that you will be home before long. Send them a picture of what you would like them to do (e.g. them relaxing on their bed). Choose something that makes them calm and happy.

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### LET THEM KNOW IF YOU ARE RUNNING LATE

**Animal Communication is a telepathic connection with your Pets, from mind to mind. When you send them thoughts and pictures or you talk to them, they can understand you. Yes, they can!**

**So, if you have told them that you are coming home at 5 pm and you get held up, just “send” them a message to let them know that you are running late. This could be by just thinking what you want to tell them or talking out loud (when no one is around).**

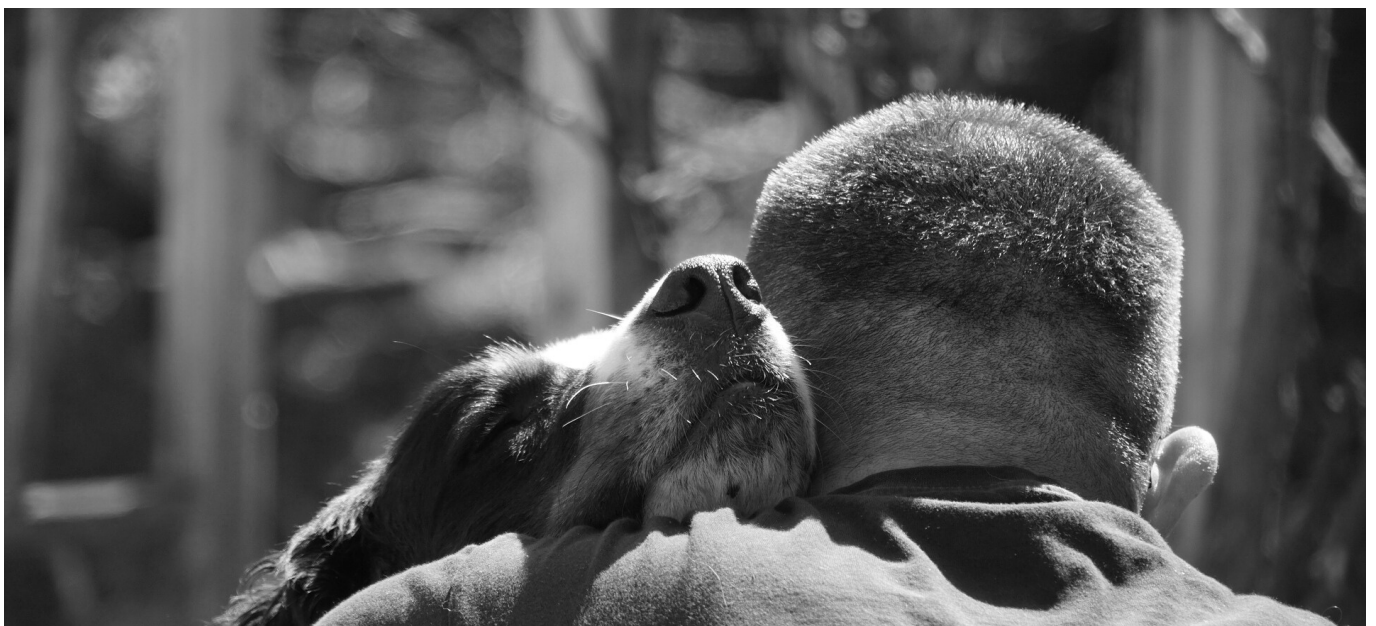


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## GREET YOUR PET WHEN YOU COME HOME

**Your Pet has been eagerly awaiting your return. Please take a few minutes to greet them when you come home. Tell them how much you have missed them. They appreciate it if you make eye contact, give them some loving (cuddles and pats) and you could even have a quick chat to them about your day and ask them about theirs. You might get a glimpse (a picture or a thought in your head) about their day (e.g. you might see your dog on your bed sleeping because that is what they have been doing!).**



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## SPEND SOME QUALITY TIME WITH YOUR PET



**With a Pet comes responsibility. You might prefer to sit down and relax or do chores around the house when you come home. But your Pet needs and wants your attention just like kids do. They finally have you back! They want to be with you!**

**You could take them for a walk. Teach them a trick. Play with them. Massage them or brush them. There are a lot of things you could do.**

**The most important thing is that you both enjoy what you do together. Praise them, tell them how they make you feel. They want you to be pleased with them.**

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## CONNECT WITH YOUR PET



**Connect with your Pet on a deeper level to exchange your feelings and hear their thoughts. This could be with a meditation (click [here](#) for a free Meditation you can do with your Pet). Feel the love you have for them and you will transmit it to your Pet.**

**Make them feel equal and worthy. Let them have an opinion and respect their needs and wishes. Explain to them what you need them to do and why. Treat them like an equal partner for best results.**

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These steps will help you to make the transition a lot easier for your Pets and you. If you are still concerned about them being home alone and how they are coping, you could do the following:

- 1** Use a camera which allows you to check on them during your absence to make sure they are calm and not up to any mischief.
- 2** Connect with them through Animal Communication, ask them how they are feeling, how you can make them feel safe and if there is anything they need from you during your absence.

*From my experience as an Animal Communicator for over 10 years, some Pets are very upset when you leave, but once you have walked out the door they will settle down and actually enjoy their own time.*

*No two Pets are the same and each Animal needs to be heard to know how IT FEELS FOR THEM. Who knows, some of our Pets might be happy to have their space and freedom again!*

For more information please visit:  
WEBSITE - [www.animalcommunication.com.au](http://www.animalcommunication.com.au)

If you have any questions, please don't hesitate to contact me:  
EMAIL - [info@animalcommunication.com.au](mailto:info@animalcommunication.com.au)  
PHONE - +61 439 821 047

