



# 4th of July Anxiety in Pets: 10 Proven Tips to Soothe Your Animal

## **Introduction:**

Fireworks are a staple of Fourth of July celebrations, but for our furry friends, they can be a source of fear and anxiety. This guide provides practical tips to help pet owners ensure their pets feel safe and calm during the noise and commotion of Independence Day festivities.

## **1. Create a Safe Space:**

Designate a quiet, comfortable area in your home where your pet can retreat when the fireworks begin. This could be a room with minimal windows like a bathroom or closet, or a cozy spot in the basement. Make sure it's familiar to your pet and has all their essentials: water, their favorite bed, and some toys. A Kong filled with a favorite goody that can be frozen will last longer and give a pet distracted.

## **2. Use Background Noise:**

Help mask the sound of fireworks by playing calming music or white noise in the background. There are also specially curated playlists and pet-calming soundtracks available online designed to soothe anxious pets. Playing the TV or radio can help too. But realize, animals' ears are more sensitive than ours so can hear those noises even it doesn't seem loud to us. Plus they can feel the vibration of the fireworks exploding.

## **3. Consider Anti-Anxiety Gear:**

Invest in anti-anxiety pet gear such as weighted blankets, anxiety wraps, or thunder shirts. These items provide gentle, constant pressure that can help reduce anxiety in dogs and cats. Prepare ahead of time to allow your pet to get adjusted to any wraps or thunder shirts ahead of time. Start slowly. If food motivated, use food to distract them or if they love to play, use toys to distract them from this new thing and have it associated with something pleasurable like with play or food.

## **4. Practice Desensitization:**

In the weeks leading up to the Fourth of July, try to acclimate your pet to loud noises. Play recordings of fireworks at low volumes and gradually increase the volume over several days. Pair these sessions with treats and positive reinforcement to help your pet build positive associations with the sounds.



## **5. Consult Your Veterinarian:**

If your pet has severe anxiety, consult your veterinarian about the possibility of using calming supplements or prescription medications. These can help alleviate stress and make the holiday more manageable for highly anxious pets. There are some holistic and herbal chews that provide calming support. And, there are some pheromone and essential oils. **WARNING:** Some essential oils are dangerous to pets so **DO** check with your vet first and use only products safe for your type of pet.

## **6. Keep Them Indoors and Secure:**

During fireworks, keep your pets indoors as much as possible. Ensure all doors and windows are secure to prevent scared pets from escaping. Update your pet's ID tags and microchips with current contact information in case they get lost.

## **7. Provide Distractions:**

Engage your pet with new toys and puzzles to keep their mind off the noise. Activities that stimulate their brain can also tire them out and make them less likely to react to the fireworks.

## **8. Maintain Routine:**

Try to keep your pet's daily routine as normal as possible. This includes feeding times, walks, and playtime. A familiar routine can help pets feel more secure.

## **9. Stay Calm and Provide Comfort:**

Your pet will look to you for cues on how to behave. By staying calm and positive, you can help your pet feel more relaxed. Don't force them to engage in activities if they don't want to, but be available for comfort and cuddles if they seek you out. Breathe! When you get anxious, you tend to breathe more shallow. Your pets sense that nervous, worry energy you are experiencing and they feed off of it. If you breathe and lower your heart rate, it helps calm you. To increase your calmer energy, think about something that makes you feel peaceful. Now you have supercharged that peaceful energy. To add one more element to this basic energy work **YOU** can do for your pet, think to them instead of speaking out loud. When they are fearful, they don't hear your words. They aren't in their thinking brain. They are in their fight or flight system. Follow these steps in order by thinking to your pet:

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1. Breathe
  2. Think to your pet, “release panic, release fear.” Repeat several times before going to step
  3. Think to your pet, “sending you peace and calm energy.”
  4. Repeat steps 1-3 until you see your pet relaxing.

### **10: Signs your pets are calming:**

Pets will show you they are beginning to release their anxiety and start calming using their body language. The following are typical signs of calming.

1. Yawns
2. Shakes their body like shaking water off.
3. Licks lips
4. Passes gas
5. Eyes soften
6. Tails relax
7. Breathing eases (panting reduces)
8. They may find a spot and lie down.

### **Conclusion:**

The Fourth of July can be a challenging time for pets, but with preparation and the right tools, you can help mitigate their anxiety. Sometimes we can't prevent our pets from experiencing anxiety during storms and the 4th of July. But using these tips can help them get out of that fear state faster and that is a win if you can get them out of that fear state as quickly as possible.

If you need individual support for you pet, I invite you to check out my [Animal Services](#). After a big stressful event, your pet can experience a lot of anxiety and trauma that can result in behavioral and/or physical effects. Those issues may not be seen for a week or two. If your pet experiences digestive issues, potty accidents, throwing up, destructive behavior soon after a scary event like 4th of July, those issues could be a result of trapped emotions. Releasing those emotions can greatly help your pet and you with those issues. If you have any questions or need support for your pet, I'm a click away! <https://yourenergyhealer.com/contact/>.

Sending Pawsitive Energy to you and your pet(s),  
Cindy Myers



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If you are curious about animals and emotions then please sign up for my next webinar here:

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