

Got the Winter Blues? *Your Animals Do Too!* What to Do...

Kim Shotola

Animals tune in to their pet parents all the time. With less sunlight during winter, people can be more vulnerable to depression. Pets not only can sense this, they may share the blues, especially if they are so connected to their human or feel that their homelife has been impacted. If they've experienced any kind of loss, the situation can be more challenging during winter.

If your animal is sleeping more, wants to be alone, is disinterested in activities, or has a change in appetite, behavior or elimination, they may have depression. A vet can rule out any physical conditions.

When the emotional well-being of an animal is affected, they may become withdrawn, stressed, anxious, or even exhibit destructive behavior or aggression. Just like with people, a disruption in their mental state can also lead to health issues.

To benefit your animal and yourself, consider the following suggestions:

✦ Utilize nature as much as possible. Get outdoors with your animal when weather allows. Sit on the grass or under a tree together. Allow sunlight to come into your home.

✦ Color therapy can work wonders. Yellow is uplifting, like the radiant sun. Place a towel or blanket on the floor, where your animal can lay on or near it when it wants that energy. You can hang yellow paper or even frame it. Yellow flowers can bring joy to your home.

✦ Energy work can be offered to your animals and yourself. Sit on the ground or a chair about ten feet away from your animal. Tap your collarbone and thymus with

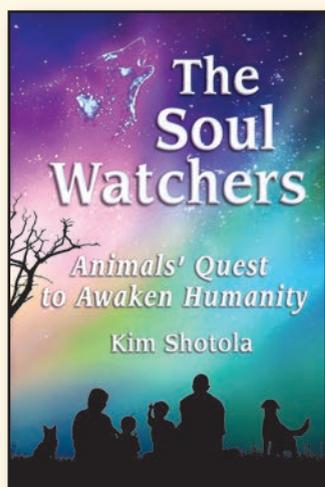
your fingertips. Set your intention to send healing energy to your pet, for their greater good. Rub your palms together and direct them towards your animal. When they walk away, the session is



done. For yourself, after tapping, place your hands on your heart or abdomen to receive the intended energy.

✦ Flower essences can get to the heart of the issue. While a custom blend created just for your animal is ideal, you can look at individual remedies. Agrimony helps to express their true feelings. Gentian is for those that have stopped trying or aren't eating. Mustard can aid depression that's for no apparent reason, and Wild Rose may assist those that lack energy and show little interest in anything.

✦ Aromatherapy may provide relief. Lavender, frankincense and ylang ylang can benefit depression. Bergamot and sweet orange can also stimulate your animal's appetite, if needed. The easiest and safest way to offer essential oils is to remove the lid and let your pet smell. You can offer



Kim's book, *The Soul Watchers, Animals' Quest to Awaken Humanity*, looks in depth at the mission of the animals and how you can help them accomplish their heart and soul vision. You can learn more about her book at TheLightfootWay.com/The-Soul-Watchers.

Kim has taught holistic animal-wellness classes since 2006.

enrichment by placing several drops of different oils in your yard, encouraging exploration and discovery.

✦ Homeopathic remedy Ignatia Amara is helpful for animals and their humans who experience sadness with depression. It's available in a liquid and small, dissolvable pills. The most common potency is 30C for pets and their pet parents.

✦ Supplements can lift the spirit. Probiotics can keep the gut happy, which feeds endorphins like

serotonin, so the mind can be happy. Ashwagandha supports mental and physical well-being by helping the body manage stress. Gamma-aminobutyric acid (GABA) is a brain neurotransmitter that relaxes the nervous system and can take the edge off in facing life's challenges.

✦ Stimulating the mind in various ways is integral for inner peace. While many animals benefit from a routine, they can appreciate creativity with games, toys, puzzle feeders and new adventures.

✦ Animal communication is a heart-to-heart, mind-to-mind connection that allows you to know why your animal is behaving a certain way, what's on their mind, and what they feel will help them. While anyone can learn telepathic communication, you can also speak to your animal out loud. Sharing your thoughts with them daily can raise their energetic vibration.

You and your animals are a team and you're in this life, together. ■

Kim is a holistic animal-wellness instructor, professional animal communicator, and author. **January 16 is the next animal communication teleclass. She'll be speaking on Color Therapy at Silent Night, a free virtual event to curtail the winter blues, on January 17-21.**

To get on her email list to learn more about this, distance and in-person learning opportunities, along with access to 250+ articles, visit: TheLightfootWay.com/join-our-email-list.



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Kim Shotola

*Holistic Animal Care Instructor,
Wellness Coach & Animal Communicator*

TheLightfootWay.com

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