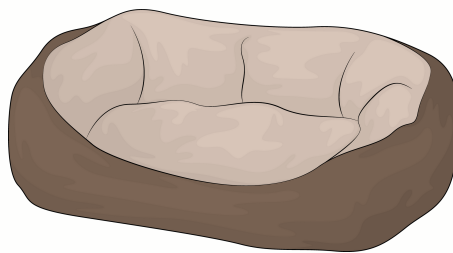


THE REST & RESET METHOD

A STEP-BY-STEP GUIDE



Set The Mood



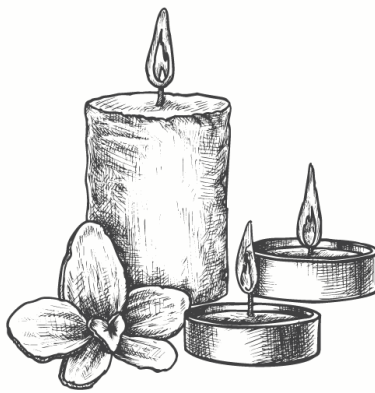
1. Pick A Calm Space



2. Play Classical Or Relaxation Music



3. Consider Using Calming Scents



4. Dim The Lights



Encourage Your Dog To Lay Down Gently

How And Where To Massage

Step 1



Step 2



Step 3

Gentle Touch & Strokes

- Start with long, slow strokes along the side of the neck, over the shoulders, and chest.
- Stroke in the direction of the fur. Use light to moderate pressure.
- Use fingertips, light touch.

Targeting the Vagus Nerve

- Base of the skull / neck area (where spine meets skull)
- Behind the ears, gently massaging skin/fur in that area
- Lower jaw/under jaw line
- Upper chest (sternum region), near the throat **but without pressure on throat structure**

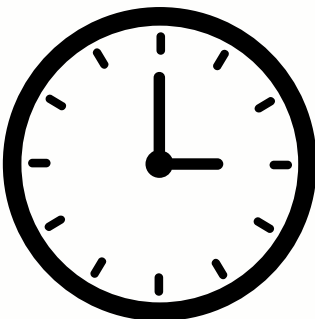
Support Greater Relaxation

- Use a calm, soothing voice.
- Pause between strokes.
- Breathe slowly and deeply yourself — dogs often mirror our breathing.
- Use a SETTLE or CALM cue, in a gentle tone.

Give Your Dog Autonomy

Duration & frequency

- Start short: 2-3 minutes, perhaps once or twice a day.
- Increase slowly as dog becomes more comfortable.
- Watch for signs of overstimulation (shaking, yawning, ignoring, moving away). Less is more at first.



Work With Your Dog

- Pay attention: Does the dog relax? Soft eyes, slower breathing, body relaxes? If not, lighten touch or stop.
- Stop If Your Dog Tenses or pulls away.
- Ensure the dog is comfortable with the ending. No abrupt removal of touch.

