



A Gratitude ritual

- 1 Sit quietly with your pet in a calm space.
- 2 Place one hand gently over their chest.
- 3 Close your eyes and breathe together – slow, even breaths.
- 4 Match your rhythm to theirs.
- 5 Stay here for 60 seconds, or until stillness settles in.

This shared breathing releases oxytocin, the "bonding hormone," in both humans and animals. It slows heart rates, lowers stress, and builds trust.