

Reflective prompts to reduce stress in your day to day as a dog parent



Luchi & Mutton's
Dog Behaviour & Nutrition

I have found that when you are extremely stressed and emotional, it might be hard to think clearly and make sense of everything that you are feeling. But feeling out emotions is important to heal.

Accessing prompts like these can be helpful because they can give you a starting point to begin a conversation on what's going on.

You can use these prompts to journal/record voice notes/use as conversation starters to make sense of what you are feeling with others or yourself/as reflections alone

Make use of them as you see fit and if you need help, let's connect to see how 1:1 coaching can be helpful



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PROMPTS:

1. What stressed you out today?
2. How did you feel and what made you feel that way?
3. What emotions or thoughts or triggers did it bring up for you?
4. How did you respond to the situation in the moment?
5. How are you decompressing?
6. How are you helping your dog decompress?
7. What would help you reconnect with yourself?
8. What would help you reconnect with your dog?
9. What do you want to do differently for tomorrow?
10. What are you learning about yourself today?
11. What are you learning about your dog today?
12. What do you want to positively acknowledge about yourself today?
13. What do you want to positively acknowledge about your dog today?



Let me know how these prompts served you!

To know more about the 1:1 coaching support, write to me at surabhi@luchiandmuttons.com



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