

Clarity on Cue: The Exam Room Reset

How to flip from stress to strategy - FAST!

If you've ever left the vet feeling confused, foggy, or unsure what just happened - you're not alone. The system is overloaded. Communication breaks down. And when emotions run high, logic goes out the window.

But here's the good news: You can reset. You can shift from overwhelmed to grounded - and it only takes a few simple tools.

This isn't about being perfect. It's about coming in with presence, clarity, and the ability to stay in the room - even when emotions are high.

5 Tools to keep your brain In the game

1. Pause & Breathe

→ Three slow breaths calm your nervous system and slow the spiral.

2. Name It to Tame It

→ "I'm overwhelmed." "I'm scared." Say it out loud - this dials down the threat response and brings logic back online.

3. Paraphrase Back

→ "So what you're saying is ____, and the next step is ____?" This forces your prefrontal cortex (thinking brain) to re-engage

4. Keep a Lifeline Question Handy

→ Write down one grounding question ahead of time like: "What do we do first?" or "What matters most right now?"

5. Break It Into Now vs. Later

→ Ask: "What's urgent, and what can wait?" → This helps turn overwhelm into an action plan.



Book a personalized nutrition consult with Dr. Pam

Rooted in science, experience, intuition, and love – this is where guesswork ends and confidence begins. Walk away with a clear nutrition plan, a deeper understanding of your dog's needs, and the peace of knowing you're doing everything you can to give your dog the healthiest, happiest life possible.

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