



Training for Empathy & Calmness

By Heidi J. Potter

The "Lick & Chew"

Wait for it.....



Just like many people, your horse feels stress and tension when challenged with something new, difficult or scary. Allowing him time to relax and process information after he accomplishes a task or offers you a try, is very important. Take all pressure off him by making no additional requests, give him a stroke, relax your body, exhale an audible breath and avert your eyes.

Look for these signs:

- His eyes begin to soften & blink
- His head drops and/or shakes
- He exhales and/or sighs deeply
- Finally, his mouth softens and he licks & chews

Be patient! It can take from a few seconds to a few minutes. It will happen when he is ready. Learn from the horse. Be in the moment and enjoy the moment! Your relationship depends on it!