

*"A well educated professional can be a very useful tool in helping adopters and dogs make an easier transition," Bellew says.*

## 7. Consider medication.

Anti-anxiety drugs may also benefit a rescue dog struggling to adjust to a new home.

*"Just like people, some dogs need the extra assistance of drugs to help them cope," Bellew adds. Sometimes they can be used temporarily to help them adjust and decompress. Other times dogs need the meds more long term."*



## 8. Know that you are doing something *amazing* for a deserving dog in need!

Your love and commitment mean the world to your rescue dog – even if she is not yet able to show her appreciation. Just ask Stewart, Sheba and the hundreds of other dogs that owe their lives to Courtney Bellew and SNARR Rescue!

*iHeartDogs is forever grateful for Courtney's help with this article and for all the amazing things she and her rescue do for dogs in need.*

Do you want a healthier & happier dog? [Join our email list](#) & we'll donate 1 meal to a shelter dog in need!