

## STRESS AND OUR DOGS

Stress can cause health and behavioural issues that can be the demise of the relationship between our dog and us.

It is therefore very important that we be able to read our dogs and understand if, when and why they may be becoming stressed.



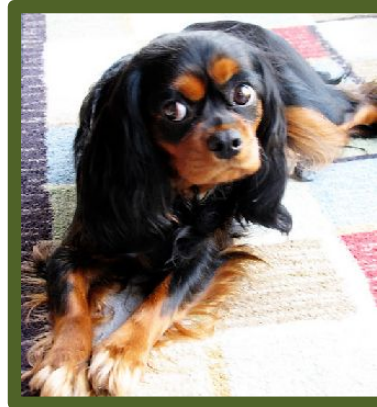
### Recommended books and DVDs:

- 🐾 *Calming Signals: On Talking Terms with Dogs* by Turid RUGAAS (book and DVD)
- 🐾 *Stress in Dogs* by Martina SCHOLZ and Clarissa VON REINHARDT (book)
- 🐾 *The Canine Kingdom of Scent* by Anne Lill KVAM (book and DVDs)

Stress symptoms create further stress and so can begin a vicious circle. The body and brain need sufficient time in between each stressful situation to repair themselves (this, depending on the dog and the situation, can be a matter of minutes, hours, days or months!).

### IF YOUR DOG

- 🐾 is nervous and over-reactive
- 🐾 has behaviour issues (obsessions, aggression, destruction...)
- 🐾 has physical issues (diarrhoea, infections, sudden moulting...)



and you feel that you and your dog need help, do not hesitate to contact us:

[www.happyandrelaxeddogs.com](http://www.happyandrelaxeddogs.com)  
[info@happyandrelaxeddogs.com](mailto:info@happyandrelaxeddogs.com)  
0479 50 32 21



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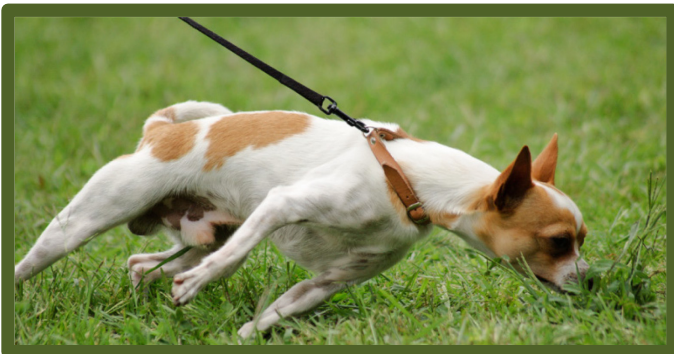


## AND PROPOSED SOLUTIONS

## COMMON SOURCES OF STRESS

- 🐾 Over/under stimulation
- 🐾 Too much throwing of balls, Frisbees, sticks...
- 🐾 Cycling, jogging or any other kind of repetitive activity
- 🐾 Too much/too little contact with other dogs
- 🐾 Not enough time to sleep and/or relax
- 🐾 Too much time spent alone
- 🐾 Not enough choices - Too much control over the dog
- 🐾 Not feeling safe
- 🐾 Too many threatening things around the dog (children, strangers, frequent storms, violence, anger...)
- 🐾 Illness or a trauma
- 🐾 Having the dog on a collar, too short a lead or one that is always tense or being yanked

...and more...



## COMMON CONSEQUENCES

- 🐾 Feeling unsettled and restless, fidgeting (chewing on the lead, air snapping...)
- 🐾 Being destructive (home and/or objects)
- 🐾 Turning “aggressive”
- 🐾 Developing “obsessive / compulsive behaviours” (licking himself, tail-chasing, staring at shadows...)
- 🐾 Barking excessively, whining or howling
- 🐾 Becoming “depressed/shut down” (very quiet and non-responsive)



- 🐾 Immune system deficiency
- 🐾 Digestive disorders (diarrhoea)
- 🐾 Infections
- 🐾 Allergies and skin problems

... these are just a few...

## TO HELP OUR DOG WE NEED TO

- 🐾 **OBSERVE and understand our dog**
- 🐾 REMOVE the stressor(s)
- 🐾 ALLOW our dog time to recover
- 🐾 OFFER
  - 🔗 safety and security
  - 🔗 enough sleep (adult dogs +/- 16 hours in every 24)
  - 🔗 healthy chewing opportunities
  - 🔗 social walks
- 🐾 PROPOSE enough mental stimulation such as
  - 🔗 sniffing walks on harness and long lead
  - 🔗 treat and paté searches
  - 🔗 hiding balls etc.. to be found (instead of throwing them)
  - 🔗 other nose work as appropriate (scent discrimination, trailing...)

