

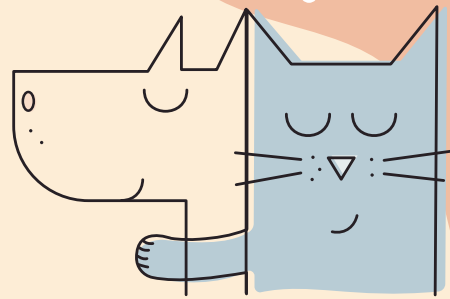
Pet Anxiety Took Kit:

Behavior Tracker
and Tip Sheets

The **anxious** Pet

8

Signs of Anxiety in Pets

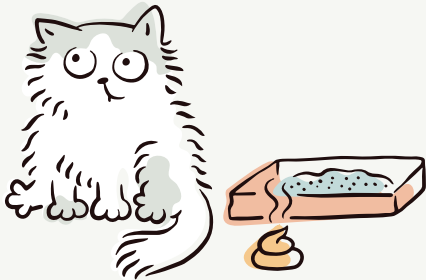


Just like people, cats and dogs commonly experience stress and anxiety. It may be in response to a specific situation such as a change in household routine, or it could be chronic and attributed to a generalized anxiety disorder.

How do you know if your pet has anxiety? Watch for these common signs. If you believe that your pet is exhibiting any of these symptoms, it is best to be proactive early on. When left untreated anxiety can lead to more serious health and behavior problems.

1

Changes in elimination routine

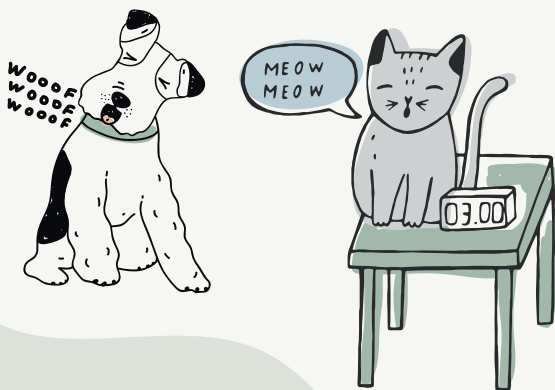


When your pet is urinating or defecating in strange places inside the house or outside of the litter box, you may think they are mad at you and trying to retaliate. As frustrating as the clean-up job may be, try not to get angry. This could be a sign of stress and indicate that your pet needs some support.

2

Increased vocalization

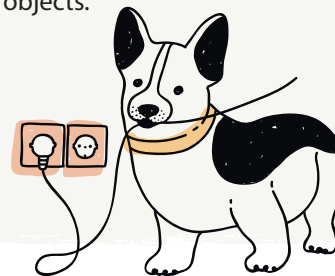
Excessive uncontrollable barking, prolonged howling, crying, or meowing can indicate that your pet is experiencing stress. Try not to show anger or frustration, as this will only increase your pet's anxiety and could make the behavior worse.



3

Destroying things

Cats and dogs who are experiencing stress may tear up carpets, scratch furniture, and destroy other household objects.

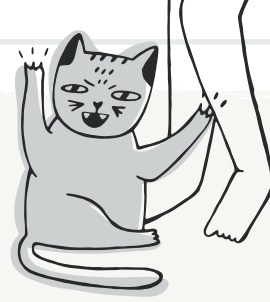


4

Excessive shedding

Shedding is a normal process that your pet goes through to keep their coats and skin healthy. However, when the hair loss becomes abnormally excessive, it may indicate that your dog or cat is experiencing distress.

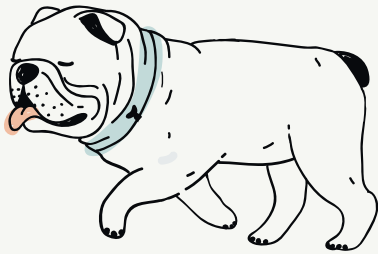
5 Aggressions



One of the most dangerous signs that your pet is experiencing anxiety is showing aggression towards people or other animals. Growling, biting, or scratching are typical ways that pets can lash out when they are fearful or distressed.

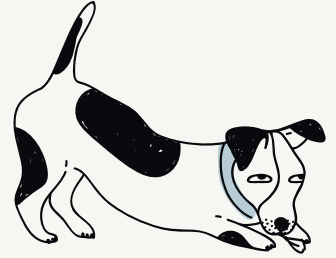
6 Restlessness

Sometimes anxious pets will be unable to settle down and get comfortable. They might constantly wander around the house and react to every movement or noise. Restlessness can also be caused by physical pain, so special care should be taken when determining the cause.

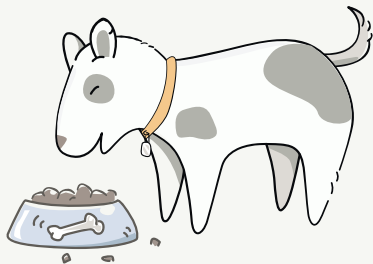


7 Repetitive behaviors

Is your dog or cat constantly doing the same thing over and over again, such as pacing, spinning, tail-chasing, or overgrooming? These compulsions might signal stress. Some pets may experience hair loss or sores as a result of repetitive over grooming.



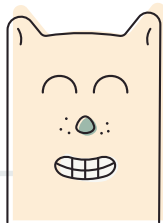
8 Changes in appetite



Just like humans, pets can begin to overeat or lose their appetites during periods of stress and anxiety. Every animal is different, so any eating habits that seem out of the ordinary are a cause for concern.

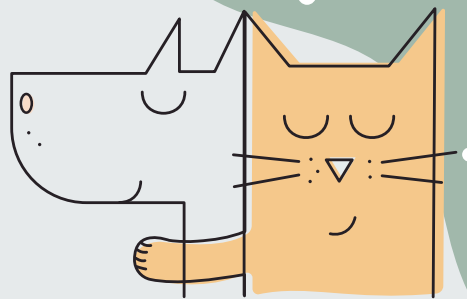
Every dog and cat is different, so if you notice any of these behaviors, consult your veterinarian to rule out an underlying medical problem. If your pet gets a clean bill of health, your pet may be experiencing stress or anxiety.

Now that you know what signs to look for, keep reading **“6 Tips for Calming Pets”** on the next page. We’ve rounded up some suggestions on what to do when your dog or cat is experiencing anxiety.



6

Tips for Calming Pets



If your pet is experiencing stress or anxiety, you may be feeling overwhelmed, but don't worry—there are many proactive things that you can do to help your pet feel better. Try these effective ways to calm your pet and help to eliminate their anxiety symptoms. Remember to always consult your veterinarian before starting a new routine.

1 Remove the anxiety trigger if possible

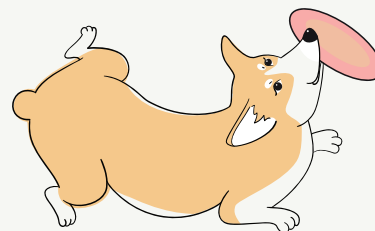
Try to figure out what is causing anxiety in your pet and remove the trigger if possible.

For example, if you have multiple cats in the house and they are not getting along, they may need to be separated.



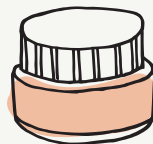
2 Exercise your pet

Anxiety and stress can cause an excess of energy, so it's important that your pet gets enough exercise in order to lead a happy and healthy life. Make sure that you take your dog for a long walk, invest in a nice cat tower for your cat, and stock your home with plenty of toys to keep them busy.



3 Try Supplements

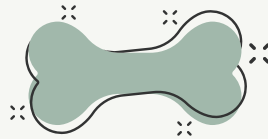
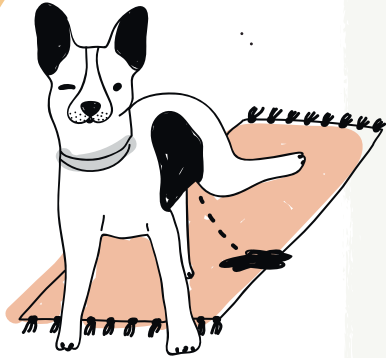
Certain supplements and over-the-counter offerings—such as pheromone sprays and CBD products—may help reduce mild anxiety and stress in dogs and cats. Ask your veterinarian about products that might be right for your pet.



4

Behavioral training

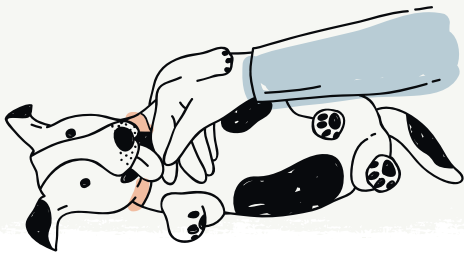
It is never a good idea to punish your pet for behaviors caused by stress and anxiety. This will only worsen the problem. After removing or minimizing their anxiety trigger, positive reinforcement training can be used to help modify your dog or cat's behavior. Consult an animal behaviorist to create an individualized treatment plan for your dog or cat.



5

Physical contact

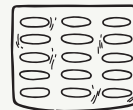
You can help calm down your dog or cat by making sure they receive lots of love and attention through petting and physical reassurance. Just like humans, most pets enjoy a good relaxing massage to alleviate muscular tension and get them into a relaxed state of mind. If physical contact seems to bother your pet, don't force it and let your pet come to you.



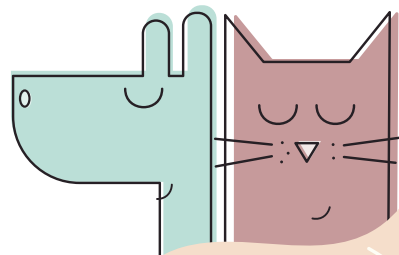
6

Prescription medication

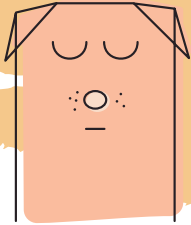
For pets who have more severe anxiety symptoms that don't improve with over-the-counter supplements, there are medication options that can be prescribed by your veterinarian. Consult your veterinarian if you think your pet needs a prescription anxiety medication.



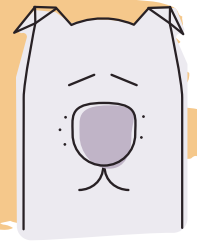
As a pet parent, it is always stressful when your pet is suffering from anxiety and stress, but luckily there are many things that you can do to help. Make sure to give your pet lots of support during this time. Helping your pet overcome anxiety will take a lot of dedication and perseverance. Stay determined and make sure to consult with your veterinarian and/or an animal behaviorist for individualized tips.



The **anxious** Pet



Pet Behavior Tracker



Tracking your pet's anxious behavior over time can provide a more accurate insight into their triggers and help you identify patterns in your pet's behavior. This type of documentation can also assist your veterinarian or animal behaviorist in making a more accurate diagnosis in order to develop a personalized treatment plan. Fill in the information below as accurately as possible (be detailed) to get the most out of these worksheets!

Date: _____ Time: _____

Anxiety Symptom: (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Change in elimination routine | <input type="checkbox"/> Aggressions |
| <input type="checkbox"/> Increased vocalization | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Destroying things | <input type="checkbox"/> Repetitive behaviors |
| <input type="checkbox"/> Excessive shedding | <input type="checkbox"/> Change in appetite |
| | <input type="checkbox"/> Other |

Details: _____

Calming Approach/Treatment: _____

Effectiveness of treatment: (circle one)

not at all 0 1 2 3 4 5 6 7 8 9 10 very

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Anxiety Symptom: (check all that apply)

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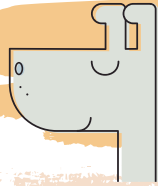
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Pet Behavior Tracker

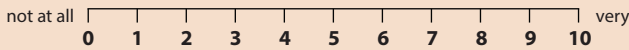
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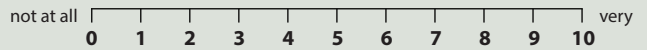
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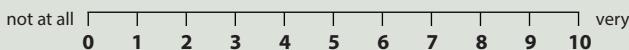
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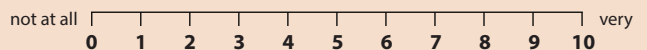
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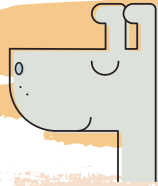
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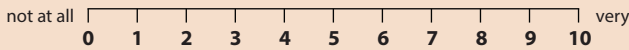
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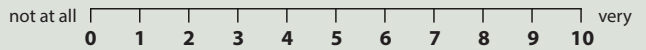
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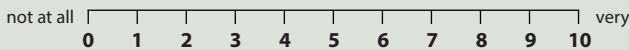
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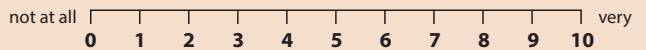
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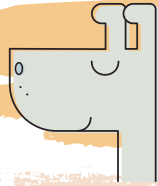
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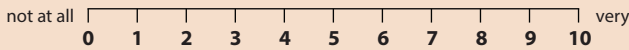
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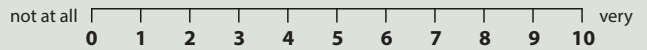
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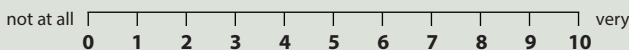
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