

The most generally asked advice I get is: My dog is often stressed out...what do I do? Some examples of all these undesirable behaviors that occur... Soiling in doors, humping, hiding, restlessness, inability to play, abnormal eating habits, abnormal consistency of eliminations, fighting, bolting, not getting along with other critters, including their own species, separation anxiety, resource guarding, location guarding, destruction of household articles/items... And lots of other behaviors...

So, let's address animal stress...

1. Human's totally under-recognize this phenomenon... Because we anthropomorphize our animals, we miss a lot of cues... which are different than homo sapiens...
2. Animal stress is very real and it occurs a great deal, even if we don't realize it...I have done a 5 hour observation of animals and recorded stress signals... Roughly 2 hours of 5 collectively are in some state of stress...
3. Felines suffer it too and mask it better... so good, you think they are never in stress...
4. There are specific cues you can learn to read.
5. There are many things you can do.
6. A calm animal is far more agreeable as a companion... kinda like people...
7. Human's and their behaviors are the single biggest cause of animal stress
8. And humans transmit/transfer their stress to their animals... and they do it unwittingly and frequently.
9. All animal mask stress for a good reason... Stress makes them more vulnerable as prey... And some of that is the smell fear thing... it's real.
10. It is the most frequent health issue and exacerbates other problems... And it can be fatal.

So, those 10 ideas should say - I need to learn a few things

I will put up ideas from time to time that address these, but there is a great text by Nan Arthur - CHILL OUT FIDO, How to Calm Your Dog... a Dogwise Training Manual.. ISBN 978-1-929242-63-4. Most but not all, apply to felines too... It has been around for 50 years... but the techniques are not outdated, with one or two exceptions...

Stress releases chemicals into the body (human and non-human) that effect everything... You know the increased heart rate, and the pit it the stomach... We sometimes call it anxiety... There is a slight difference... Anxiety is the the outcome of stress...

In next installment on STRESS in Animals, I will share some techniques and I will tell you what I do and how effective I have found it... SCAR (that's the Rescue's name) has that as the FIRST and PRIMARY goal of any interaction... Destress... We won't continue a physical, or anything else... when stress presents...

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Second Chance Animal Rescue of Adak Alaska... or wait, not Mount Vernon VA