

Signs of stress in dogs and cats

The following behaviors can be signs of stress in **CATS**:

- Avoidance
- Lowered posture
- Spraying
- Panting
- Hiding
- Vocalization
- Aggression
- Reduction in maintenance behavior (grooming, sleeping, eating)
- Increase behaviors like: v grooming, licking, eating.

The following behaviors can be signs of stress in **DOGS**:

- Trembling
- Snout-licking
- Yawning
- Reduction in activity or apathy
- Vocalization
- Lowered posture
- Aggression
- Stereotypic behavior like circling, tail-chasing, bed shredding, pacing or wall-bouncing

Limiting Stress

- Obtain, if possible, past history of animal to help assess temperament.
- Providing bed and bedding gives comfort. Give cats places to hide to feel safe.
- Toys to prevent boredom (Kongs , Buster Cube, etc.)
- Noise control – lower radio volume, avoid banging bowls, slamming doors... calm music played at low levels tends to relieve stress in animals.
- Establishing a daily routine – cleaning and feeding.
- Same caretakers should take care of the same animals, as much as possible and at the same times daily.
- Don't stare.
- Never hover or loom over animals.
- Don't go in the cages with stressed animals – show them their space.
- Talk with the animals, speak softly and reassuringly.
- Remember their keen sense of smell – clean up immediately.
- Exercise animal if possible – leash walks, play groups. Give cats larger area to roam