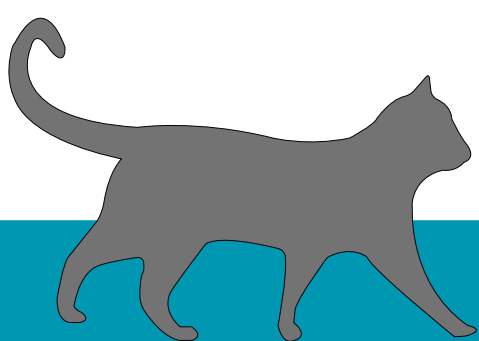


# SIGNS OF ACCUMULATING STRESS RESPONSE

- Muscle tension, freezing, trembling
- Hiding, avoidancing, flinching
- Restlessness, inability to settle, darting movements, scanning
- Panting, drooling, licking lips
- Wide and/or bloodshot eyes, avoids looking at you, big pupils
- Shedding, dandruff, itchiness
- Soft, unexpected, large, extra stinky and/or, unexpected defecation
- Unexpected urination
- Reduced or lost appetite, general “pickiness,” refuses treats in the moment
- Slow healing or chronic illness
  - Especially: ear, skin, or digestive issues

## Specific to Cats

- Ears Flattened
- Curled up into ball
- Feigned sleep
- Hissing, growling or excessive meowing
- Spraying
- Aggression toward family members
- Litter box avoidance
- Fur loss, excessive grooming
- Avoiding “unprotected” areas of the home, such as center of a large open room



## Specific to Dogs

- Growling, demand barking
- Frequent alert barking
- Pinkening of the face, purpling of the tongue
- Difficulty learning, paying attention, or performing previously learned skills/ “listening”
- Lip lick, corners of lips pulled back
- Paw lift
- Yawns in not rest situations
- Obsessive licking, eating things from the ground
- Randomer ground Sniffing & sneezing
- Humping

