

# FACTORS IN OVERWHELM

\*candle analogy credit: Suzi Moore

- Anything that agitates your pet = “candle” that adds “heat” to a pet’s water pot
  - May be sounds, events, experiences, etc.
  - Some are smaller, like a single candle and not so ‘hot’
  - Others are big bunches that burn very hot for days.
  - What may be a single candle for one pet may be like 100 candles to a different pet
  - “Heat” depends on each pet’s resiliency and sensitivity.
  - More candles in your pet’s life = more heat = more likely that pet is to boil over.
- All candles aren’t inherently unpleasant or scary
  - Ex: exercise (though very beneficial and essential) does inherently “add heat” to a pet, simply by increasing breathing, heart rate, etc.

## Common “Candles”

- Physical discomfort (pain, nausea, itchiness, etc.)
- Weather or temperature changes
- Inadequate rest (poor quality, interrupted, infrequent, etc.)
- Physical exertion (running, daycare, dog park, etc.)
- Emotional exertion (vet visit, groomer, delivery people, etc.)
- Anything that agitates *THAT* pet (baths, guests, walks, people walking past the windows, car rides, thunder, certain noises, etc.)
- Nutritional deficiencies
- Punishment-based training
- Anything inconsistent, unpredictable, or unfamiliar (routines, people, experiences, etc.)
- Lack of agency

