

# CONTRIBUTORS TO SATURATION



= the pet



= A pet's level of saturation



= factors that can contribute to saturation

The water represents the accumulation or building up of stress response within a pet. It's perfectly normal for stress responses to fluctuate, but when fully "saturated" a pet "spills over" threshold into fight/flight/freeze/fidget where "autopilot" takes over thinking & behavior. You may see agitation, arousal, panic, anxiety, aggression, fear, frustration, shut-down, etc. The following are factors that can contribute to, or exacerbate, a pet's "saturation level."

lack of control

temperature

fatigue

clear communication

nutrition

physical discomfort

genetics

unpredictability

mental fatigue

inconsistency

your behavior

calm, quiet

A pet that appears calm may still have some degree of stress response taking place.

A pet that appears calm, but is approaching saturation

A pet that is about to "spill over"