

STRESS IN PETS

What IS Stress?

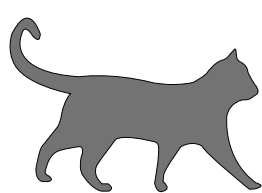
- “Stress” refers to physical, mental, and emotional responses to certain factors.
- These factors
 - May be out of anyone’s control, like a genetic predisposition toward sensitivity.
 - May be very pleasurable, such as running around at daycare.
 - May be unpleasant, like being startled by a scary stranger.
- Over time, stress responses within the body can accumulate (or saturate) to the point of problematic.

Signs of Stress

- Muscle tension, trembling, freezing, cowering, “shutting down”
Or
- Restlessness, inability to settle, darting movements
- Scanning, wide eyes, bloodshot eyes, big pupils
- Shedding, dandruff, itchiness
- Soft, unexpected, large, extra stinky and/or, unexpected poops or unexpected pees
- Reduced or lost appetite, refuses treats
- Excessive vocalizing
- Avoids interactions; increased conflict
- Difficulty learning, focusing, remembering, etc.
- Decreased inhibition
- Long term accumulation may result in
 - Difficulty healing or repeated illness
 - Ongoing ear, skin, or digestive issues

Signs Specific to Cats

- Ears Flattened
- Curling up or puffing up
- Hissing, growling or excessive meowing
- Feigned sleep
- Tooth grinding
- Flopping or swishing tail
- Not using litter box



Signs Specific to Dogs

- Avoids looking at you
- Lip lick, yawn, tongue flicks
- “Smile”
- Insistent licking
- Sniffing/sneezing
- Itchiness, shaking off
- Paw lift
- Humping
- Excessive vocalizations
- Pinkening of the face, purpling of the tongue
- Difficulty learning, paying attention, or performing previously learned skills

