

YOUR PET'S STRESS RESPONSE



The empty cup is your pet. The water is their current, cumulative (physical, mental, and emotional) response to incoming stressors.



Your pet has a “baseline,” or calmest state. This is determined by: 1) its environment, 2) early puppyhood, and 3) genetic sensitivity. You have no control over the latter two, but you CAN adjust your pet's environment.



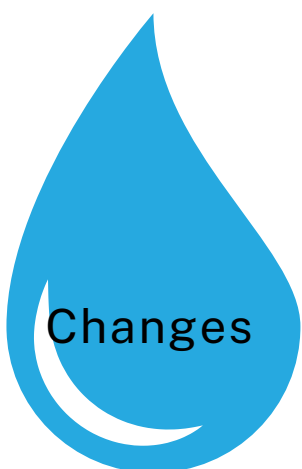
When your pet is fully saturated, they “overflow” into a sort of autopilot. You may see aggression (fight), attempts to get away (flight), shutting down or not listening (freeze), or seemingly random or even compulsive behaviors, such as licking themselves or you (fawn).

BIG CONTRIBUTORS TO OVERWHELM

Inconsistency



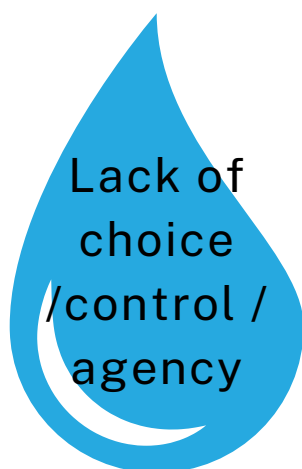
Changes



Unpredictability



Lack of choice / control / agency



Other Contributors



Physical discomfort (ex: pain, itchiness, nausea, weather)



Mental or physical fatigue, lack of recovery time or rest



Confusion (unclear communication, inconsistency, unpredictability)



Nutrition

Your behavior



A pet may appear calm, but be approaching saturation