

COMMON CALMING SIGNALS IN DOGS

- AKA stress signals, aka deference or appeasement signals
- These social cues indicate that your dog is uncertain and tense about an interaction with a person or animal
- It is an attempt to diffuse potential conflict

Most Common

- Averted gaze (won't look)
- Can see the whites of their eyes
- Licking lips
- Corners of lips pulled back
- Paw lift
- Yawning
- Full body stretch
- Shake off
- Scratching themselves



Physical Indicators

While these are not social cues, you may also notice:

- Panting, hypersalivation (extra spit)
- Shedding, dandruff
- “Lipstick” among males
- Refusal of food
- Furrowed brow
- Ears pulled back
- Tail low or tucked
- Hunched body
- Lifted paw

How You Can Help

- Give them a break, such as a walk or outside time
- Remove them from the
 - Location
 - Person or animal they're interacting with
- End the activity
- Let them chill or redirect them to play