

Signs of Stress in Dogs

Dogs, like humans, can experience stress in various situations. It is important for dog owners to be able to recognise the signs of stress in their furry companions in order to provide them with the necessary support and help. In this essay, we will discuss ten common signs of stress in dogs and provide in-depth analysis and examples for each of the outlined signs.

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



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Excessive Barking or Whining

Dogs may exhibit this behaviour when they are feeling anxious or overwhelmed. For example, a dog left alone at home for an extended period of time may bark excessively due to separation anxiety. It is important for dog owners to understand the underlying cause of the barking or whining and address it accordingly to help alleviate the dog's stress.

Destructive Behaviour

Another sign of stress in dogs is destructive behaviour, such as chewing on furniture, shoes, or other household items. Dogs may engage in destructive behaviour as a way to cope with their anxiety or frustration. For example, a dog that is feeling stressed due to loud noises, such as thunderstorms or fireworks, may resort to chewing on furniture to release their pent-up energy. It is important for dog owners to provide appropriate outlets for their dog's energy and to ensure that their environment is safe and stimulating to prevent destructive behaviour.

Changes in appetite

A stressed dog may lose their appetite or refuse to eat altogether. On the other hand, some dogs may stress-eat and overeat in order to cope with their emotions. For example, a dog that is stressed due to a change in their routine or environment may refuse to eat their regular meals. It is important for dog owners to monitor their dog's eating habits and seek advice from a veterinarian if there are any significant changes.

Excessive Panting or Drooling

Dogs may pant or drool excessively when they are feeling anxious, stressed, or in pain. For example, a dog that is stressed during a visit to the veterinarian may pant heavily and drool excessively due to fear and anxiety. It is important for dog owners to recognise these signs and provide their dog with the necessary support and reassurance to help them feel calmer and more comfortable.

Attention-Seeking Behaviour

Dogs may seek attention from their owners when they are feeling stressed or anxious. For example, a dog that is stressed due to being left alone at home may follow their owner around the house and constantly seek affection and attention. It is important for

dog owners to understand their dog's need for attention and provide them with the necessary reassurance and comfort to help alleviate their stress.

Changes In Sleeping Patterns

A stressed dog may have difficulty falling asleep, staying asleep, or may sleep more than usual. For example, a dog that is stressed due to loud noises or changes in their environment may have trouble settling down to sleep at night. It is important for dog owners to create a calm and comfortable sleeping environment for their dog and establish a consistent bedtime routine to help them relax and unwind.

Aggression or Irritability

Dogs may become aggressive or irritable when they are feeling stressed, anxious, or threatened. For example, a dog that is stressed due to a visit to the groomer may become aggressive or irritable towards the groomer or other dogs. It is important for dog owners to recognise the signs of aggression or irritability in their dog and address the underlying cause of their stress to prevent any potential conflicts or injuries.

Changes In Body Language

Dogs may exhibit tense body postures, such as raised hackles, pinned-back ears, or a tucked tail, when they are feeling stressed or threatened. For example, a dog that is stressed due to a visit to the veterinarian may exhibit tense body language, such as raised hackles and pinned-back ears, as a way to communicate their discomfort. It is important for dog owners to pay attention to their dog's body language and respond accordingly to help them feel more at ease.

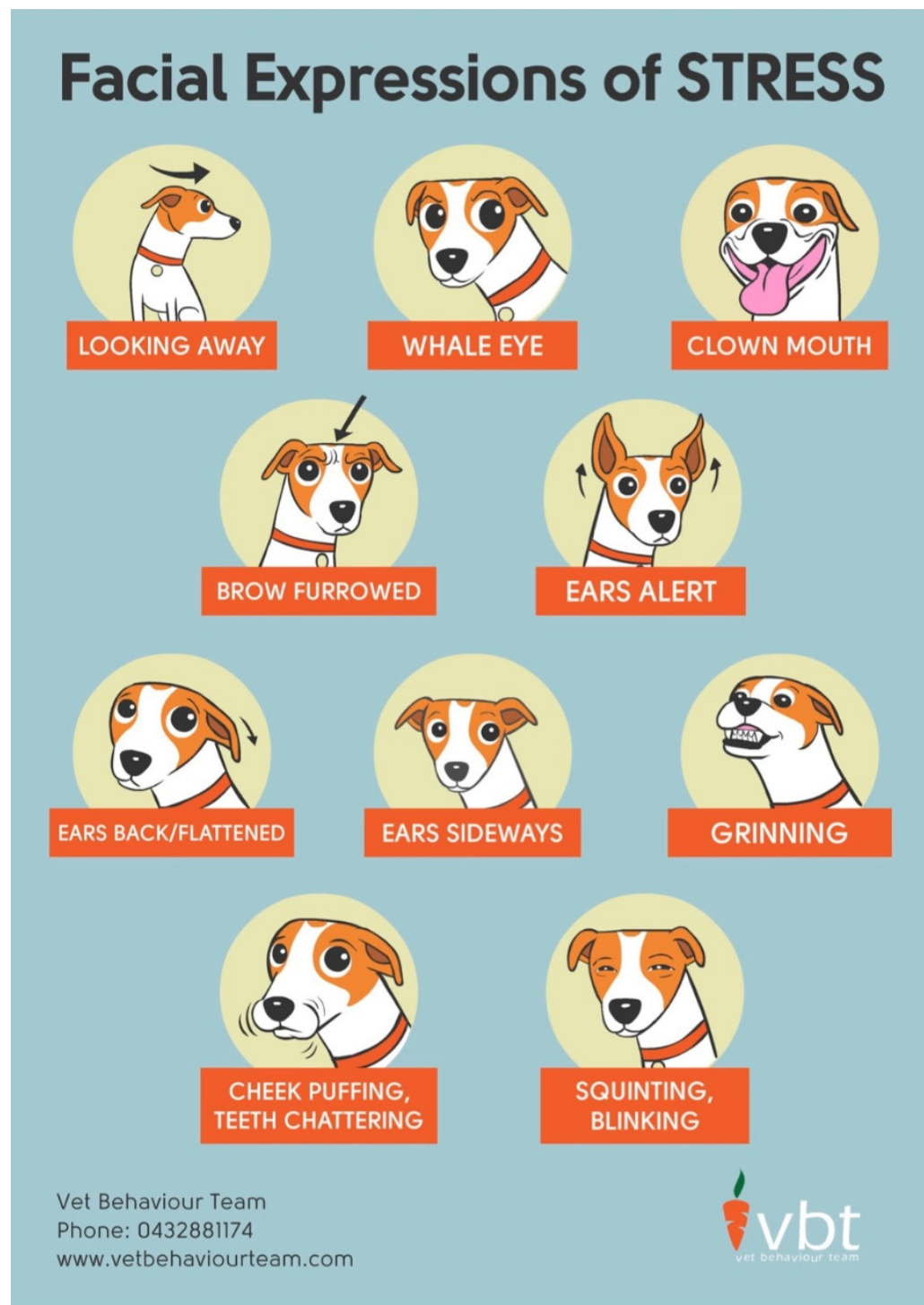
Excessive Licking or Grooming

Dogs may lick or groom themselves excessively when they are feeling stressed or anxious. For example, a dog that is stressed due to a change in their environment may lick or groom their paws excessively as a way to self-soothe. It is important for dog owners to monitor their dog's licking or grooming habits and provide them with the necessary support and comfort to help alleviate their stress.

Avoidance Behaviour

Dogs may avoid certain people, places, or situations when they are feeling stressed or anxious. For example, a dog that is stressed due to loud noises may avoid going outside or may refuse to walk on certain surfaces.

Facial Expressions of STRESS



- LOOKING AWAY
- WHALE EYE
- CLOWN MOUTH
- BROW FURROWED
- EARS ALERT
- EARS BACK/FLATTENED
- EARS SIDeways
- GRINNING
- CHEEK PUFFING, TEETH CHATTERING
- SQUINTING, BLINKING

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It is important for dog owners to recognise their dog's avoidance behaviour and work on desensitisation and counterconditioning techniques to help them feel more comfortable and confident in challenging situations.

In conclusion, it is essential for dog owners to be able to recognise the signs of stress in their furry companions in order to provide them with the necessary support and help. By understanding and addressing the ten outlined signs of stress in dogs, dog owners can ensure their dog's well-being and happiness. It is important to create a safe and stimulating environment, provide appropriate outlets for energy, and offer reassurance and comfort to help alleviate their dog's stress. By being attentive and responsive to their dog's needs, dog owners can help their furry companions lead healthy and fulfilling lives.