The consequences of stress:

- allergies
- eye or ear infection
- digestive disorders (like diarrhoea)
- immune deficiency
- cardiovascular diseases
- aggression
- fear
- apathy
- depression
- insomnia
- destructiveness
- stereotypical behaviours

What you can do in addition:

- When you walk your dog, cover shorter distances to leave more time for sniffing and exploring.
- Hide his ball or toy and let him search for it instead of throwing it for him.
- Provide healthy things to chew on. That calms him.
- If necessary, ask for professional help.

How you can help your dog!

- Learn to understand your dog better.
- Find out what repeatedly causes stress in your dog and avoid or change it.
- Provide enough time for recovery: 2-6 days after acute stress, up to 9-10 months after chronic stress.
- Introduce this family rule: „Let sleeping dogs lie!“ Healthy adult dogs need 12-18 hours of rest and sleep per day.
- Offer your dog a feeling of safety and security. Never use food to blackmail him.

Any questions?

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Katja Henne | www.henne-hund.de

Further reading:
for more information: www.henne-hund.de
Does your dog sometimes make you angry or are you worried because he ...

- destroys things?
- digs or chews on sticks frantically?
- barks or howls excessively?
- unexpectedly overreacts in situations he can usually handle?
- mounts other dogs, pillows, stuffed animals or other objects?
- defecates or urinates indoors even though he is house-trained?
- can’t calm down?
- suffers with diarrhoea, constipation or vomiting?
- suffers from allergies?

There may be different causes; but most likely it is caused by stress!

Other possible signs of stress can be when your dog ...

- pants
- shakes himself
- rolls on the ground
- has sweaty paws
- has dandruff, a dull coat or heavy hair loss
- has an unpleasant body odour or smells out of his ears or mouth
- has tense or hardened muscles
- shows calming signals like yawning, blinking or turning his eyes or head away
- shows aggressive behaviour
- has difficulty concentrating
- chases his tail, light spots, shadows or flies
- etc.

Possible causes of stress:

- too exhausting or too exciting walks
- too hard play
- throwing sticks, balls, frisbees or other toys
- unfavourable meeting with other dogs (e.g. too fast, too many, too rowdy dogs)
- lacking in positive contact to other dogs
- separation from the family
- excessive mental demands or being mentally underchallenged
- too little time to relax and sleep
- pain and illness
- any kind of threat, violence or force
- not feeling safe
- feeling helpless
- and many more.