

HOW TO DEAL WITH

AN ANXIOUS AND STRESSED DOG

HANDBOOK



PRESENTED AND MADE
BY SARO

A CERTIFIED DOG
TRAINER AND A COACH

WITH OVER 20 YEARS OF
EXPERIENCE

THE REASONS

MISTREATMENTS

- MISTREATMENT CAN INFLUENCE THE BRAIN'S ANXIETY NETWORKS.
 - PUPPY MILLS
 - SHELTER DOGS & THE ENVIRONMENT
 - TOO MUCH AFFECTION
 - HUMAN INFLUENCE
-

MORE REASONS

AGE & PUPPIES

AGE CAN BE A COMMON REASON FOR STRESS DEVELOPMENT. DOGS AS THEY GROW OLDER BECOME JUST LIKE A PUPPY.

PUPPIES' STRESSORS ARE SIMPLY THE LACK OF MAJOR SENSES NOT BEING DEVELOPED AS OLDER DOGS LOSE THEIR SENSES WHICH LEADS THEM TO BE MORE SENSITIVE AND STRESSED.

DOGS WITH ANXIETY TEND TO BE MORE SENSITIVE.

A SCIENTIFIC STUDY AT THE UNIVERSITY OF GHENT IN BELGIUM!

A newly published study by researchers at the University of Ghent in Belgium suggests that dogs with anxiety have “different brains.” Specifically, they appear to have abnormalities in functional neural networks.



HEALTHY AND STRESSED DOGS

Healthy (non-anxious) dogs, compared with dogs with anxiety demonstrate stronger connections between the amygdala (a major processing center for emotions that also links emotions to many other brain abilities, especially memories, learning, and the senses) and other regions of the anxiety network.



MEMORY AND STRESSED DOGS

*DOGS THAT ARE ANXIOUS EVEN IN
REST MODE ARE STILL IN STRESS
MODE BECAUSE THEY ARE TAPPING
INTO THEIR MEMORIES VIA THE
AMYGDALA.*



STRESS TRIGGERS



When a dog feels anxious, his body releases an excessive amount of norepinephrine(*naw·reh·puh·neh·fruhn*), the fight or flight hormone, which can alter gut bacteria and interfere with gastrointestinal (GI) tract motility. This flood of norepinephrine can result in physical symptoms like diarrhea, and when a housetrained dog has an accident indoors, it only intensifies his stress.

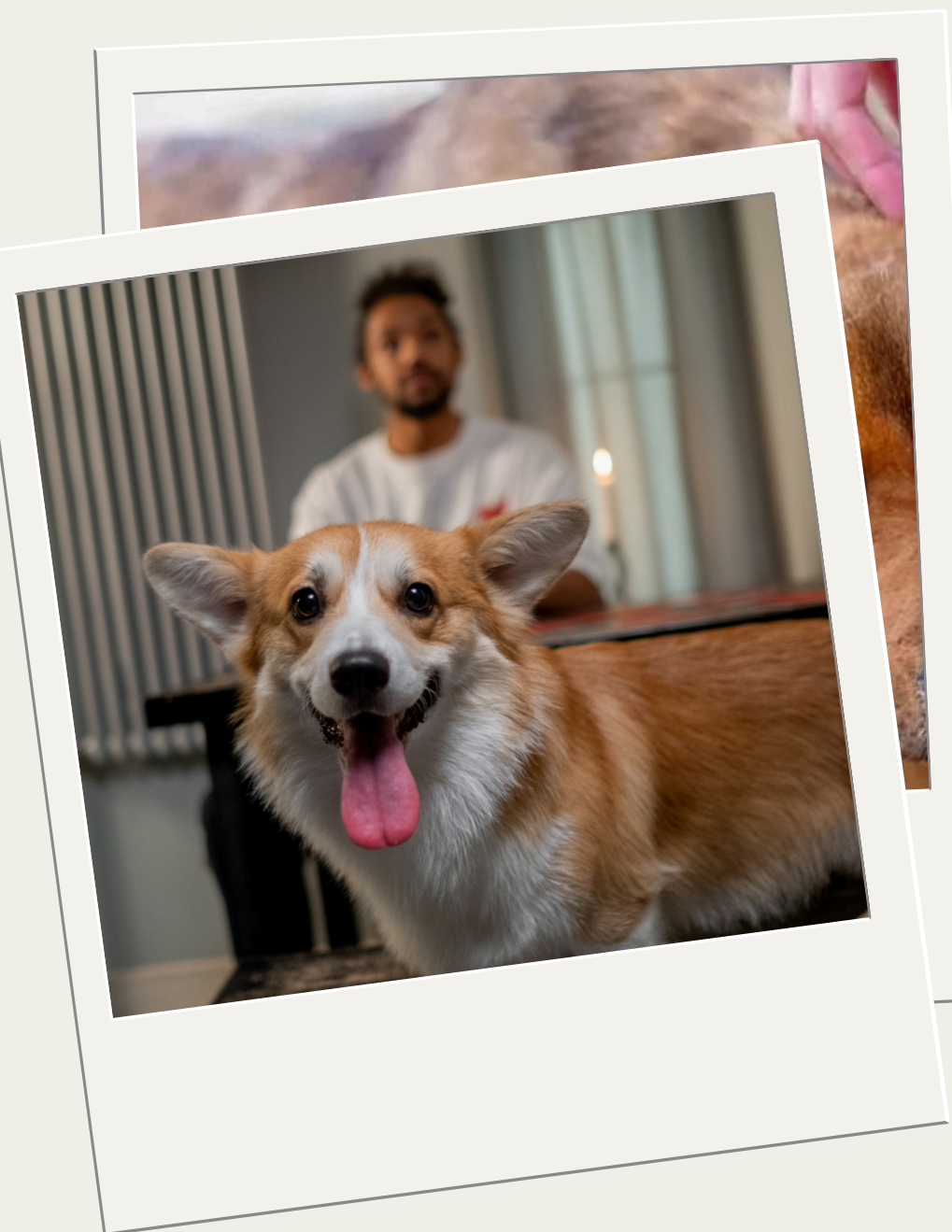
Some dogs experience a short burst of stress while others suffer chronic stress.

STRESS TRIGGERS



1. Sudden loud noises (e.g., fireworks, thunderstorms)
2. Punishment-based training methods involve yelling, hitting, shock collars, etc.
3. Adverse relationships with other pets or humans in the household
4. Unwanted attention such as being randomly awakened from a nap, or being forcibly hugged, kissed, or held.
5. Lack of opportunities to express normal species- and breed-specific behaviors such as sniffing, running, retrieving, hunting, herding, etc.
6. Exposure to the strange and unfamiliar (objects, animals, people, etc.)
7. Changes in housing, household routine, or household members
8. Separation from family members, including other pets.

HOW TO DEAL



1. Use only relationship-centered, fear-free behavior training/trainers, and intervene as soon as possible.
2. Help everyone in the family understand and respect your dog's need for uninterrupted sleep and human handling he feels comfortable with.
3. Increase your dog's daily physical activity level, since the vast majority of dogs, especially large breeds, don't get nearly enough. Daily movement is extremely important in mitigating your dog's stress response.
4. Dogs left alone for several hours during the day get lonely and bored. If there's often no one home to keep your dog company, recruit a friend or neighbor or hire a dog walker to take him for a stroll around the block, at a minimum. An alternative is a doggy daycare.
5. Engage in brain games, sniff-centered walks, or nose work on a daily basis. Most dogs are mentally under-stimulated. Giving dogs fun jobs, tasks and mental exercises that engage their senses promotes healthier brain chemistry and more balanced behavior.
6. Try helping the dog to focus on someone to get cues and directions so it will develop more confidence and be focused on one thing rather than many things.
7. Playing music, especially classical music, is one simple strategy.
8. Provide your dog's daily five essential needs appropriately.

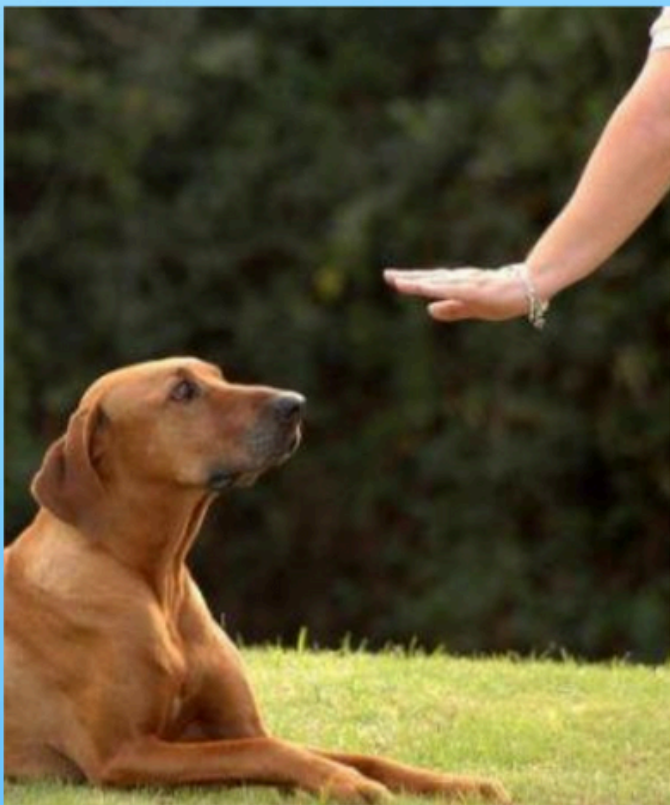
PROVIDE YOUR DOG'S DAILY NEEDS BY FOLLOWING THIS FORMULA

A DOG'S DAILY **5** ESSENTIAL NEEDS.



1) EXERCISE

PHYSICAL
STIMULATION



2) TRAINING

MENTAL
STIMULATION



3) SOCIALIZATION

SOCIAL
STIMULATION



4) CARE

PHYSIOLOGICAL
STIMULATION



5) AFFECTION

EMOTIONAL
STIMULATION

IN THIS ORDER.