

## The consequences of stress:

**It's worth** thinking about stress and paying particular attention to it. Because when your dog is constantly experiencing stress and can't recover from it, he suffers from **chronic stress with serious consequences**, like:

- 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?

**henne & hund** ■ Dog School For People And Their Dogs  
Katja Henne ■ [www.henne-hund.de](http://www.henne-hund.de)

### Further reading:

Calming Signals, On Talking Terms With Dogs, T. Rugaas ■ Stress in Dogs, M. Scholz, C.v. Reinhardt  
■ for more information: [www.henne-hund.de](http://www.henne-hund.de)

### The author

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KNOWLEDGE

NR. 1

FOR YOUR DOG'S HAPPY LIFE

## STRESS IN DOGS?!



**SIGNS ■ CAUSES CONSEQUENCES**

**... and how you can HELP your DOG!**

## 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!**



destroying things



enough rest and sleep



showing calming signals



interested body language



too fast, too long cycling



calm sniffing and exploring new things and places

## 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
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- 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.