

THE SIMPLE GUIDE
TO UNDERSTAND
AND MANAGE
DOG
ANXIETY



Dogs have emotional disorders just as we do, and they're not easy to deal with. The good part is **you can learn to manage them and overcome unpleasant situations.**

As you will know, your buddy is unique. This means it has its own personality and specific needs.

Dogs will behave and react differently to the same stress-inducing event. **You can keep your dog happy by recognizing signs of stress and knowing how to manage them.**

In the following guide, we will explain the different types of anxiety, their symptoms and their prevention.





**WELCOME
TO A BETTER
DOG BEING**

1 SEPARATION ANXIETY

This occurs when your dog is separated from you or other regular caretakers, from moving to a new location, or even a new routine or schedule. It can also happen in the event of losing a family member.

Also, Shelter or rescue dogs are more susceptible to separation anxiety since they may be afraid of being abandoned all over again.



Separation Anxiety Signs

A dog left alone might:

- Bark, howl, or whine excessively
- Chew things up, dig holes, scratch doors, or destroy furniture
- Drool, pant, or salivate more than usual
- Try to run away
- Pace, often in an obsessive pattern
- Urinate or defecate in the house or where they shouldn't
- Show lack of appetite

They likely won't do these things to an extreme while you're around. A normal dog might do some of these things once in a while, but one with separation anxiety will do them almost all the time.

TIP

Try leaving a camera recording your dog while you are away to detect these behaviors.



Separation Anxiety Prevention

There are many ways in which you can help your dog manage separation anxiety:

- Don't make arrivals and departures a big deal. Just talk to your dog in a calm voice when you're leaving or returning.
- Don't leave the dog in total isolation: a big room with windows is the best option
- In the case of shelter/rescue dogs, make sure you provide sources of comfort. Especially when you first bring them home from the shelter, make sure they know where to go to feel relieved. Plush dog toys, warm bedding, and lots of hugs are great ways to do this.
- Administer Zenwag 30 minutes before you separate from your dog.



2 ENVIRONMENTAL ANXIETY

It can be caused by loud/ unexpected noises or scary situations such as fireworks, alarms and sirens, or thunderstorms.

It can also be caused by events such as leaving home or going to locations, such as a vet clinic or even a grooming salon.

Environmental Anxiety Signs

In these situations a dog might:

- Shake and tremble
- Tuck their tail between their legs
- Pace, pant, or drool excessively
- Push their ears back
- Hide or cling to you
- Refuse to move
- Bolt or try to escape



Environmental Anxiety Prevention

- Create a place where the dog can **feel safe**, such as a blanket-covered crate or a location that will reduce noise.
- Use your TV or audio systems to **mask the sound** of the problem noise.
- If you know an loud noise event is coming **give your dog a lot of exercise beforehand** that wil help burn off energy that would otherwise go toward anxious behaviors.
- In this last case **Use Zenwag 30 minutes before the event.**
- In other cases, administer Zenwag as soon as possible.



3 SOCIAL ANXIETY

Is your dog anxious about being around different people or around other dogs?

This may occur due to past **trauma in rescues, bad experiences** with humans in abusive or neglective situations, or simply **not being socialized frequently.**



Social Anxiety Signs

In these situations a dog might:

- Behave fearfully or act shy like cowering behind you, whining, or screeching.
- Bark, growl or be aggressive towards people or other dogs.
- Urinate or defecate unintentionally.
- Pant or drool excessively.



Social Anxiety Prevention



This type of anxiety can take some time to overcome. You need to take little steps to help your dog out.

- Don't expose your dog to large groups of people or dogs. It is better to start with just one and start building up from that. Also always be there so the dog will know you can for support.
- Do not to comfort the dog when it's fearful as it will reinforce it's fears.
- When meeting other dogs or humans, do it slowly. If your dog reacts gets anxious, retreat a bit and try again later.
- Expose your dog to new experiences without pressuring, make them fun and reward good behaviors

Keep in mind that it will take patience, trial and error, and time to find what works best for your dog.

Make sure you pinpoint the source of your dog's stress and follow this guide so you can **get your dog back to his happy, tail-wagging self.**



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