

Park Veterinary Centre

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Signs your pet is Stressed

Stress is a reaction in our minds and bodies which we experience when we feel overwhelmed by problems and difficulties. Too much stress can have adverse effects on our pets as well as ourselves!

There are many possible causes of stress for our pets including loud noises, pain, separation from owners, other animals inside or outside the house, excessive handling e.g. to administer medication or extra cuddles from children.

Signs of stress in animals can range from subtle

e.g. lip licking, yawning, paw lifting (dogs), withdrawal/hiding behaviour, lowered body posture, flattened ears to the more obvious

e.g. excessive grooming causing bald patches, inappropriate urination or defaecation, aggression, (horizontal) scratching (cats) or general destructive behaviour (dogs)

