

Canine Stress

Stress causes the release of chemicals inside the body. The effects of regular release of stress chemicals differ depending on how often the dog experiences a particular type of stress. The types of stress are acute stress and chronic stress.

Acute stress is short term, “in the moment”. For example, a visit to the veterinarian, fireworks on the fourth of July, or during a thunderstorm. Symptoms of acute stress are what we typically notice some of these symptoms are:

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| -Panting | -Staring Intensely |
| -Shaking | -Poor Concentration (your dog’s distracted) |
| -Trembling | -Lip Licking |
| -Pacing | -Yawning |
| - Avoidance (trying to run away) | -Drooling |
| -Nipping at | -Crouching |
| -Fiddling | -Growling |
| -Freezing | -Barking |
| -Sweaty Paws | -Inappropriate elimination |
| -Dilated Pupils | |

Chronic stress is long term. Your dog is constantly worried. We can easily not notice these symptoms. Some symptoms of chronic stress are:

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| -Aggression/Irritability | -Extreme of regular fear responses |
| -Increased amounts of withdrawing from social contact | -Poor Sleep Patterns |
| -Weight Loss/Weight Gain | -Hyper Vigilance |
| -Picky Eating | -Reactivity |
| | -Poor Learning Capacity |

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- High frequency of submissive body language
- OCD's- tail chasing, accral lick granulomas(licking so intense causing sores), fly snapping
- Food Bolting(taking food from bowl and ingesting it in another area)
- Marked Scavenging (taking and running away with items not allowed)
- Chronic Health Problems:
 - * Inflammation: Allergies, itchy skin, poor wound healing
 - * Digestive Disorders: Intermittent vomiting, stomach ulcers, intermittent diarrhea, blood in the stool
 - * Reduced Immune System: Repeated infections (skin, ear, bladder) Thyroid (Hyper/Hypo)