

The Bucket Concept



DOGOLOGICAL

What adds
to the
bucket?



Good & Bad
Stress



OVER THRESHOLD!



Feeling in
control



Enrichment

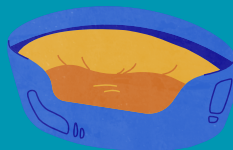


What empties
the bucket?

Calm

behaviour

Sleep



Relaxing





DOGOLOGICAL

What is the 'Bucket' concept?

The bucket represents the level of stress in the body.

Stress = good and bad things.



Stressed easily =
small bucket
Calms down slowly
= small hole

Average 72 hours to empty the bucket;
only if the bucket isn't continually filled!

How do I reduce my dog's stress?

1. Empty the bucket!

Give your dog the time and a safe space to empty the bucket

Tip: You know your dog best. Watch them and you will know when their bucket is more empty.

2. Management

- Remove them from situations they feel uncomfortable.
- Increase management (e.g. baby gates, avoid areas) to reduce stress.

3. Training and Behaviour

Work with your dog to help them learn coping skills and alternative behaviours