



ALONE AT HOME PET SERVICES

“Humans would be better off if they tried to be more like dogs!”

March 2026

How to Calm Your Anxious Canine



Courtesy: Pexels.com/thiago_japyassu

We live in a chaotic and often stressful world! Whether your dog is feeling stress from his environment or smelling and taking on **your stress**, dogs are being **emotionally** and **physically** affected by the stress, fear and anxiety in their world.

Stress and Anxiety: Causes

Every dog reacts differently to the stressors and triggers in their life, but it's important for dog parents to understand the potential causes and to help their dogs manage their levels of stress and anxiety, **regardless** of how it began. The common causes behind stress and anxiety include:

- > **Separation:** the fear of being left alone.
- > **Environmental changes:** loud noises (thunder, fireworks, the vacuum), changing homes or the addition of new people or pets.
- > **Fear-based triggers:** traumatic experiences, loss of a companion and even vet or groomer visits.
- > **Senior dogs:** aging and the cognitive decline.

Stress and Anxiety: Signs and Impacts

Long-term and unmanaged stress in your dog can **negatively affect** their behavior and body in the following ways:

- > **Aggression and fear:** growling, lunging, biting, cowering or hiding.
- > **Destructiveness:** chewing, digging and scratching.
- > **Vocalizations:** excessive barking, howling or whining.
- > **Body language:** tense muscles, dilated pupils, pinned-back ears, panting or a tucked tail.
- > **Repetitive behaviors:** pacing, spinning or even self-harm (i.e., obsessive licking leading to hot spots and loss of hair).

In addition, **negative physical impacts** can affect the dog's digestion, changes in appetite, create vomiting, diarrhea or colitis, chronic illnesses, a weakened immune system and skin issues, a lessened quality of life and **even** their longevity.

How to Calm Your Anxious Dog

Use these simple tips to help calm your dog:

- > **Provide stability with a daily routine** with proper physical and mental stimulation (i.e., food puzzles, lick mats and chewing).
- > **Check/address** your stress and anxiety to **promote a calm space**.
- > **Enlist the expertise** of your vet or a local, certified dog behaviorist.
- > **Refer to the back page** for other calming, natural options.

Your Dog's Behavior and Beyond



Courtesy: CanineZen.com

Separation Anxiety is Your Dog's Silent Cry for Help.

Separation anxiety is a common dog behavior. Before the pandemic, it was estimated about 20% of dogs experienced separation anxiety. With people now back at work, it is estimated that up to **50% of pet dogs** may experience separation anxiety at some level!

Dogs rely on their people for safety. When that connection is broken, **even for a little while**, they can spiral with barking, drooling, chewing, or scratching at doors, trying to cope with their **intense distress and fear**.

Remember, separation anxiety is rooted in fear.

This is **not** disobedience or bad behavior! Your dog needs your help to regain their feeling of **trust** and **safety** in being alone.

[Learn how to help your dog regain his confidence and calm himself in this blog post by Canine Zen.](#)

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Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

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Spring Garden Simmer Pot Recipe

2-3 Limes or Lemons

1-2 Sprigs Rosemary or Thyme

2-3 Sprigs Mint

1-inch piece of Ginger

OPTIONAL: Lavender



K9 Body Language 101: The “Whale Eye”

The “whale eye” is a distinct way our dogs use to communicate:

- Distress or discomfort.
- Unease, anxiety or fear.
- Overstimulation or pain.

Coined by the famous dog trainer and behaviorist Sue Sternberg, this behavior occurs when a dog shows the whites of their eyes. (But it is **not** the same as the playful “side eye.”)



The **actual whale eye** is accompanied by dilated pupils, a stiff body, raised fur, pinned back ears or a tucked tail, all telltale signs of stress. If ignored, this non-violent behavior can escalate into other warning behaviors such as growling or snarling, teeth showing, or aggressive behaviors such as a bite or even a fight.

When you notice signs of the whale eye, understand that your dog is asking for:

- Space; and
- The removal of the stressor(s) or trigger(s).

In addition,

- Act calmly; **avoid** loud voices, sudden movements **and punishment** (this is a **natural behavior**; punishment will only make it worse and erode your bond!).
- Redirect their focus to a safe toy, treat or another room.
- Determine the cause or trigger behind their reaction and get professional help for desensitization training.



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Natural Options to Calm an Anxious Dog

Does your anxious dog need more help? **Before** resorting to pharmaceuticals and potential side effects, try these tips below.

Crating: After your dog has been **properly exercised**, the quiet and safety of his crate can help calm and relax him further.

Thunder Shirt: Provides reassuring pressure around the dog's body (or use a snug t-shirt or wrap.)

Scents: Your dog's nose is powerful and these natural scents can help release stress: lavender, vanilla, coconut, valerian and ginger lightly rubbed onto a loosely tied bandana around the neck.

Pheromones: Sprays and diffusers that imitate a nursing mother's natural pheromones. **Note:** Some products may need days to work (check the labels).



Blueberry Oat Energy Balls for Fido

perfect for **KEEPING YOUR dog full & satisfied!**



INGREDIENTS

- 1 cup rolled oats
- 1/4 cup unsweetened applesauce
- 1/4 cup blueberries (fresh or frozen)
- 1 tbsp unsalted peanut butter (xylitol-free)
- 1-2 tbsp water (if needed)

An easy no-bake treat for canines and felines!

Mix all ingredients until a sticky dough forms. Add a little water **if needed**, then gently roll the mixture into small bite-sized balls or training treats. Chill in the refrigerator for 20-30 minutes before serving. Perfect as a healthy snack or training reward.

Courtesy: MyDogRecipe.com