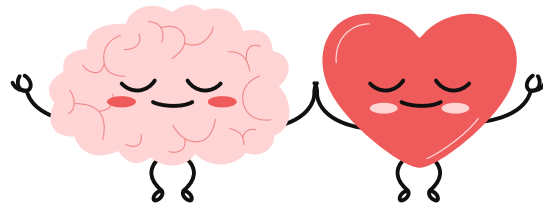


Helping Anxious Dogs



Create a Calm and Predictable Environment

- Set up a quiet, low-traffic area where your dog can retreat when feeling overwhelmed.
- Keep a consistent daily routine (mealtimes, walks, rest) to help them feel secure.
- Limit visitors and outings in the first few weeks to reduce overstimulation.



Go at their Pace

- Let your dog approach you—never force interactions.
- Use the “3-second rule” for petting: stop after 3 seconds and see if they ask for more.
- Provide multiple safe spaces (e.g., crates, beds in quiet areas) where they can rest undisturbed.
- Recognise your dog’s body language to when they are uncomfortable

Reinforce Calm Behaviour

- Reward calm behaviours like settling, relaxed body posture, and choosing to disengage from stressors.
- Use high value treats and praise to reinforce positive experiences.
- Keep training sessions short and end on a positive note. **SHORT AND SWEET!**



Enrichment and Exercise

- Utilise each meal time for enrichment or a training session
- Offer mental enrichment (puzzle feeders, snuffle mats, food scatter games).
- Choose low-pressure walks during quiet times and in calm areas to prevent overwhelming your dog.
- Avoid dog parks and highly stimulating environments early on.

Avoid Punishment

- Never punish fear-based behaviours—this increases anxiety and breaks trust.
- If your dog growls, freezes, or tries to hide, they are communicating discomfort.
- Respect their signals



Work Together

- Track behaviour and note patterns or triggers.
- Consider working with a qualified force-free trainer or behaviourist.
- Use positive reinforcement to gently build resilience over time.

