

HOW TO HANDLE PET ANXIETY

ASPCA[®] PET HEALTH
INSURANCE

SIGNS

*First, you should know how to identify anxiety in your pet.
Below are some common signs.*



*having accidents
in the house*



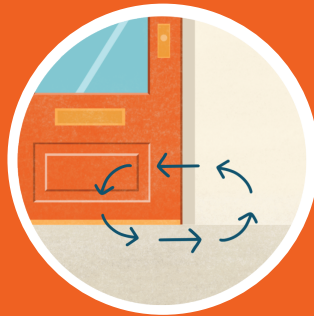
destructive chewing



*excessive barking
or howling*



clingy behavior



*pacing near
a door*



*attempts to escape
the house*

TRY THIS FIRST!

Make a Schedule

You can help prevent anxiety by transitioning your dog or cat to a back-to-work schedule prior to your return. Begin feeding them and taking them on their walk at the times you would on a regular work day. You can also try leaving them at home for longer periods of time to get them used to being alone again. Leave for half an hour, then, an hour, and work up to several hours.

DATE: TUESDAY MAY 12		1-5 PM	WORK
7:30-8 AM	BREAKFAST	5:30-6 PM	YOGA
8-9 AM	WALK	6-10 PM	READ/TV
9-12 AM	WORK	10:30 PM	BEDTIME
12-1 PM	LUNCH	NOTES: _____ _____ _____	

MANAGE IT

Coping Methods

If you notice anxiety in your pet, you can use these methods to help alleviate it.



If you notice anxiety in your pet, try wearing them out before you go. Getting rid of extra energy keeps pets calm. Make sure they have access to their bed, crate, bedroom, the bathroom, or whatever space(s) in the house they claim when they want to curl up and rest. Feeding them before you go will help induce sleep. The sounds of music or TV can also be soothing to pets, so you might want to keep something on for them during the day.

EXPERT INPUT

"Unlike dogs, which are pack animals naturally, cats may enjoy having time to themselves again. It is important, however, to keep an eye out for signs of distress in all of our pets as we transition back to work and socialization."

-Dr. Wendy Hauser

Peak Veterinary Consulting

NOTHING IS WORKING?

If none of these methods seem to curb your pet's anxiety after a few weeks, consult your veterinarian. They can recommend other techniques that might be right for your pet.



ASPCA PET HEALTH
INSURANCE

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