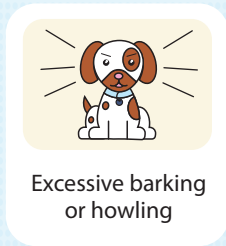
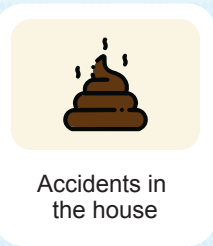


# How to Handle **Pet Separation Anxiety**

## Signs

Learn how to identify anxiety in your pet. Here are some common signs:



## Try this First! Make a Schedule.

Help prevent anxiety by maintaining a consistent routine. Feed and walk your pet at regular times, and encourage independence, and give them opportunities to be alone

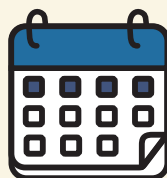
## Manage It! Coping Methods

If you notice anxiety in your pet, try these methods to help alleviate it:

If your pet shows anxiety, reduce it before you leave by letting them burn off energy and ensuring they have a bed, crate, or comfortable space to relax. Provide a high-value/long-lasting distraction like a puzzle, lick mat, or frozen kong at departure. Music or TV can provide soothing background noise during the day.

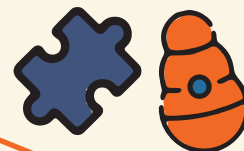
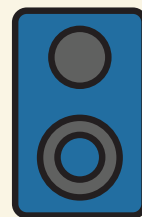


Wear them out



Make a schedule

Background music



High-value/  
Long-lasting  
distraction

## Nothing is working?

If these methods don't reduce your pet's anxiety after a few weeks, consult your veterinarian. They can recommend other techniques that may be right for your pet.

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