

SIGNS THAT YOUR DOG MIGHT BE FEELING ANXIOUS



THEIR FACE

- ears lowered or flattened
- blinking / squinting
- dilated pupils
- white of the eyes visible
- lip curling
- furrowed brows
- staring
- licking lips

BODY LANGUAGE

- yawning
- looking away
- cowering
- freezing
- licking lips / mouthing
- lifting one paw
- freezing
- trembling
- hair standing on end

BEHAVIOURS

- barking / hissing
- growling / whining
- hiding / running off
- pacing / fidgeting
- over grooming
- panting
- over excited play
- nervous tail wagging / tail tucked in / under body

OTHER SIGNS

- 'shaking off'
- shedding
- dandruff
- hypervigilance
- hypersalivation
- being jumpy
- nipping / biting
- defecation / urination

TAKE IT ONE DAY AT A TIME

If you recognise any of these signs in your dog, be patient with them and with yourself. Get support from a reputable, gentle trainer and take time to slowly build up a bond of trust, helping you both to feel safe and relaxed.

I can support you in developing this understanding and trust with your canine friend. If you'd like to have a FREE chat about how I can help, click here:

<https://equenergy.com/bookachat>

