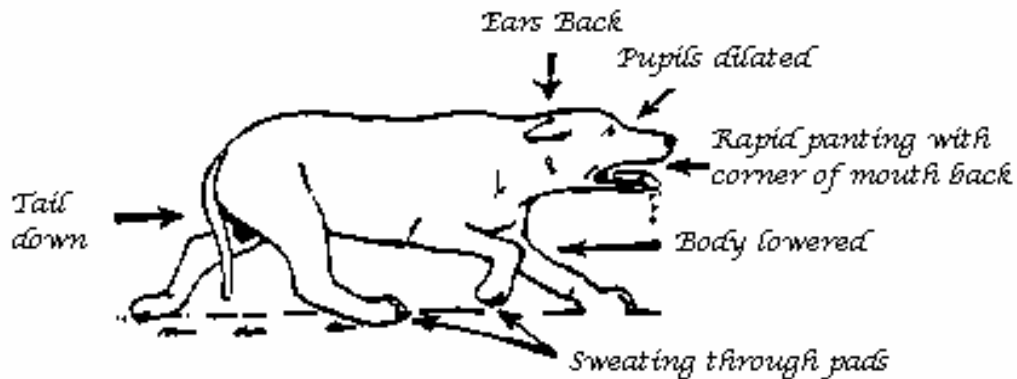
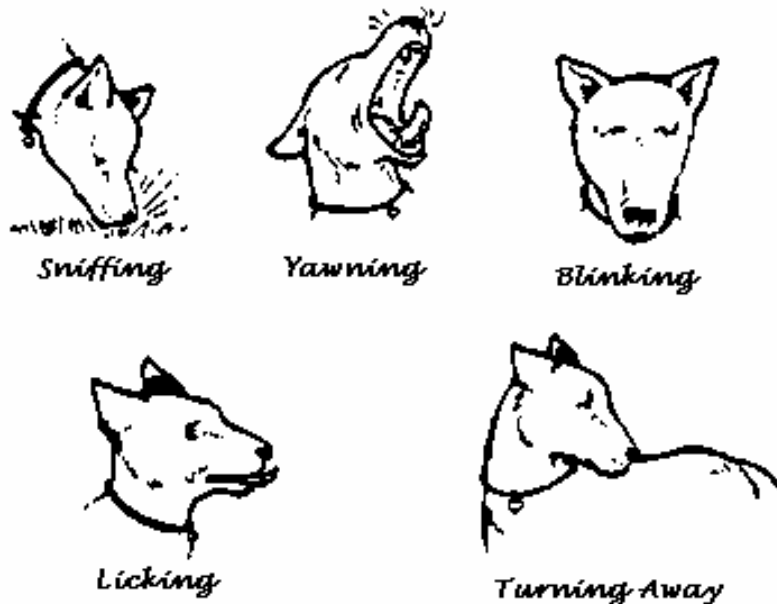


Stress Signals, Calming Signals



The dog in the drawing above is showing signs of stress. Stress is abstract and subjective. What's terribly stressful for one dog could be neutral or enjoyable for another. Some stress is good and increases productivity in both dogs and humans. Too much stress immediately inhibits the learning process because of chemical influences on the brain. Stressors, which lead to fear and anxiety, activate the dog's flight or fight impulses. These behaviours are essentially out of the dog's control. To make matters worse, stress is cumulative and can produce a variety of illnesses, some of which may not become apparent until years later.

The signs shown below are often associated with an attempt to resolve a social conflict. Known as displacement activities or calming signals, these behaviours seem out of place for the context. One or two alone are not necessarily signs of a conflicted dog. Clusters of calming signals will alert you (and the Canine Conduct staff) that all is not well with your dog. Adjustments to the environment will be made according to the individual.



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