



What Anxiety Really Does To Your Doggo And How You Can Help





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Introduction

Sometimes mistaken for simple nervousness, anxiety in our pets has serious implications that can and should be addressed. Left unchecked, a genuine anxiety disorder could result in behavioral or even health issues.

It really is up to us to be our best friend's best friend, and at We Love Doggos, we want ALL dogs to be healthy and happy. If we can provide some information that helps at least one doggo, then it's all been worth it.

At We Love Doggos, we're not veterinarians. We're dog lovers who want to save doggos and help other dog lovers. The tips in this eBook should help your doggo maintain a healthy and active lifestyle, but they do not, nor are they intended to replace a trip to the veterinarian. Your doggos vet's advice will trump anything you read here, but these tips are tried and true..

The goal of this eBook is to educate and provide some tools and information needed to keep your doggo happy, healthy and on the move, so they can have their best life now.

Anxiety Signs & Symptoms in Your Dog

Wouldn't it be great if our dogs could just speak, and tell us what's troubling them? Instead, we are left to watch for behavioral indicators. Heeding these signs and treating the anxiety is as important for a dog's health and happiness as it is for a human's.

Some signs and symptoms of anxiety are subtle, and may just be situational--such as refusal to eat when they are in a new environment, avoiding eye contact, tail tucked between their legs, and nervous whimpering. Others are more pronounced, but can be misidentified as disobedience.

These include:

- Aggression
- Drooling
- Destructive behavior
- Excessive barking
- Restlessness
- Constantly looking for an escape
- Incessant Whining
- Defecating or Urinating in the house
- Panting
- Shaking or trembling
- Pacing

Dr. Doggo's Tip:

As with humans, temporary or situational anxiety is not cause for concern; in fact coping with stress in small doses can actually be beneficial. But when your dog displays lasting or recurrent symptoms, it's time for you to act!





Common Causes Of Anxiety

“It just came out of nowhere!”

Don't feel bad if you can't figure out what is causing your pet's anxious behavior, and above all else, do not blame yourself or your dog. Blame is never helpful. Discovering the root cause, however, can be instrumental in determining how best to treat your pet.

While certain situations or events may trigger anxiety, other times underlying health issues may be at play. A visit to your veterinarian is in order as soon as anxious behavior symptoms go beyond occasional and passing. Your vet will likely begin by asking questions about situational triggers, which can typically be treated with training, behavior modifications, or possibly a short-term use of anxiety-reducing medication. He or she may order blood tests if a medical condition is suspected.

The following is a brief list of common causes of anxiety. This list is in no way exhaustive, and certainly not a replacement for evaluation or treatment by a veterinarian.

Separation Anxiety

Have your neighbors called and reported that your usually docile dog barks, whines or howls excessively from the moment you pull out of your driveway to the time you return from work in the evening?

Or maybe you've been met at your door by a bewildered or guilty looking dog...only to discover yet another ripped couch cushion, demolished plant, or a hole in your wall.

As natural social beings, many dogs sleep the day away until their “pack” gets home from work, school, the grocery store, etc. Dogs suffering separation anxiety, on the other hand, act out in destructive or detrimental ways when boredom, loneliness or worry fill those hours you're apart.

Environmental Anxiety

Environmental Anxiety in dogs often presents itself as a fear of leaving the house or going to a specific location (like the vet's office). Loud noises like thunder, sirens, fireworks, or alarms, or new situations also trigger this type of anxiety.

While avoidance may become the default "treatment," better options are available.

Rescue/ Former Shelter Anxiety

Dogs adopted from shelters or rescues often have a backstory that adoptive parents know little or nothing about. Whether maltreatment or just the sorrow of abandonment are in their past, these dogs may require extra sensitivity, patience and training.

One of the best ways to help these dogs feel safe at home is by developing a predictable environment or routine. If they have experienced a particularly traumatic event prior to coming into your family, intervention by a professional trainer or behaviorist may be needed in these situations.

Social Anxiety

Social anxiety symptoms typically arise when your pet is around unfamiliar people or dogs. This tends to resolve with appropriate socialization training. If past trauma is at the root of your dog's social anxiety, professional intervention may be required.

Generalized Anxiety

In dogs suffering generalized anxiety, unwanted behavior seems to appear "out of the blue" with no known trigger or identifiable pattern. Even well-trained dogs, raised in a happy home from puppyhood, can experience generalized anxiety. As with humans, some dogs are more genetically prone to anxiety. An event that triggers a dog predisposed to anxiety might easily go unnoticed by its owner. Sadly, generalized anxiety is sometimes disregarded as a common characteristic of a breed, so it goes untreated.





Helping dogs who suffer generalized anxiety often involves controlling social interaction, developing a consistent schedule, and creating a calm and predictable environment.

Illness-induced Anxiety

Though true that a dog's anxiety might stem from a trigger or event unnoticed by its owners, any sudden onset of new or unusual anxiety symptoms could arise from a medical condition.

Some common medical causes of anxiety include:

Hypothyroidism:

Anxiety symptoms and fear responses are coupled with weight gain, lethargy, or hair loss caused by an underactive thyroid.

Encephalitis:

Swelling and inflammation of the brain tissues, which can cause anxiety behavior, seizures, aggression, clumsy gait, and coma.

Hearing or vision loss:

Dogs who lose one of their senses may easily startle or become anxious about their unknown environment.

Thyrotoxicosis:

Also referred to as "Grave's Disease," this rare autoimmune disorder also affects the thyroid gland.

The Impact Of Stress On Your Doggo's Health And Behavior

Acute anxiety has many implications beyond behavioral symptoms. It can lead to a loss in appetite, anorexia, diarrhea, vomiting or even colitis. Chronic anxiety can have more profound effects on your dog's behavior and health. Prolonged anxiety can cause your dog's body to overproduce the stress hormone Cortisol, which can damage the immune system and lead to stress-related diseases.

Stress in dogs can also cause gastrointestinal diseases, dermatologic conditions, respiratory and cardiac conditions, behavioral disorders and a shortened lifespan in dogs. The longer anxiety remains untreated, the more complex it becomes to treat.



The Life-Changing Benefits Of Treating Your Doggo's Anxiety

Treating your dog's anxiety requires patient understanding, perseverance, and determination. Once you realize that you do not have a "bad" dog, you have an anxious dog, then you will have started down the path of a life-changing journey where you and your dog will be far happier.

Some of the benefits include:

- Ability to socialize well with other people and dogs
- Ability to handle fear-related anxiety-causing triggers
- Ability to handle separation from owner or family
- Ease of quickly adapting to a new environment or location
- Increased confidence and joy in dog
- Ease of mind knowing you can leave your dog home and not find your possessions in shambles on the living room floor
- The freedom to take your dog on walks without having strategically plan the route to avoid anxiety triggers
- The pleasure of having extended family and friends interact with your dog without concern or fear
- Peace of mind, knowing your best friend isn't suffering





Ways to Treat Your Doggo's Anxiety (How You Can Help)

As loving pet owners, once we suspect anxiety is plaguing our fur babies, we will do anything to ease their struggles. If you dial up Dr. Google, you will find an endless list of suggestions on how to treat your poor pooch. Remember that above all else, you should always consult with a qualified veterinarian.

Experts encourage pet owners to start simple. Whenever possible, implement predictability and structure in your pet's routine. If you know an upcoming event or situation might trigger an anxious episode, make sure your dog gets plenty of exercise beforehand. Not only will this help use up extra energy, it will also cause a release of endorphins--the happiness hormone--which helps naturally combat anxiety.

Other natural options include training your dog (on your own, in a class, or by hiring a professional), and providing supplements proven beneficial and safe for dogs. One growing in popularity is CBD / Hemp products.

Training

Much like parenting a child, raising a dog provides endless opportunities to teach and train. Every moment is a teaching moment! You can equip yourself to effectively train your pet by reading books, watching videos, and even installing an app on your phone.

But the group atmosphere and voice of authority provided in group lessons has the added benefit of providing socialization (for both you and your furry friend!).

In either case, your anxious dog will benefit from “exposure therapy,” wherein you introduce him or her to stressors in small, controlled doses. This supported exposure can gradually lessen fear of the unfamiliar and allows your dog to gain confidence in situations that typically cause fear and unwanted behaviors.

Dr. Doggo's Tip:

In severe cases, no matter how big your heart or how solid your determination, DIY training may prove inadequate on its own. While more costly, a professional trainer can often help you accomplish your goals in a fraction of the time.



Supplements

Recent scientific advancements and understanding of Hemp/CBD go far to dispel the 1960's-era fear of "Reefer Madness!" All CBD dog products contain minimal to zero levels of THC (the psychoactive element in marijuana). While CBD has been indicated as an effective treatment in dogs with anxiety, THC levels acceptable for humans can prove toxic for dogs.

Because of this, it is incredibly important to ensure you give your pet only vet formulated Hemp/CBD products specifically designed for dogs. Also important is that you only purchase products that are third-party tested for purity and quality.

Easy Solution

The old adage, "The simplest solution is the best solution," is worth considering as you work your way through options to help your dog overcome anxiety. Like exercising your pet to use up energy and release endorphins, CBD may be an ideal, natural support option for your pet.

Why Does it Work?

Our bodies--both humans' and dogs'--produce endocannabinoids (endo = within), which interact with cannabinoid receptors in our nervous system and help ease inflammation and anxiety.

In addition to easing behavioral symptoms in your anxious dog, CBD supplements aid in digestive health, immune function, and are even known to have cancer-fighting properties. While CBD's effects build gradually with regular supplementation, some pet owners have reported seeing immediate benefits.

[Buy CBD Oil](#)





Calming Chews

ANXIETY SOOTHING SUPPORT - Help your dog feel relaxed and at ease with these calming chews for dogs; give these dog calming treats to your pup about 30 minutes before stressful situations like thunderstorms, long car rides, fireworks, and vet trips.

ENHANCE NATURAL FOCUS & COMPOSURE - Help your dog balance, respond to and manage stressors with 30 mg of Organic Ashwagandha. This natural & powerful adaptogenic herb supports a healthy response to overall stress and helps maintain a relaxed disposition.

BETTER STRESS & NERVOUS TUMMY RELIEF - These aren't just hemp dog treats for calming, each ingredient boosts the relaxing benefits of our soft chews; the organic ginger root, lemon balm and GABA are only a few of the hand selected ingredients that promote relaxation and support your pup's nervous tummy.

WHOLE INGREDIENTS & HEALTHIER DOGS - From the real roasted turkey to the organic ginger root and whole carrot, our calming bites for dogs are made from natural and organic ingredients for high quality results for stress and anxiety relief for dogs.

VET FORMULATED & MADE IN THE USA - Doctor Doggo's dog vitamins and supplements are formulated by vets and nutritionists in the USA for quality you can trust; these hemp calming treats for dogs have no artificial colors or preservatives and are made without corn or soy products.

Buy Calming Chews

Get \$10 OFF Calming-Chews

When you use code CALM1221 at checkout

Click Here



I've been trying to find anxiety relief treats to help my dog for weeks and these knocked it out of the park! These calming chews were a miracle and really help my dog's anxiety.

– Jack