

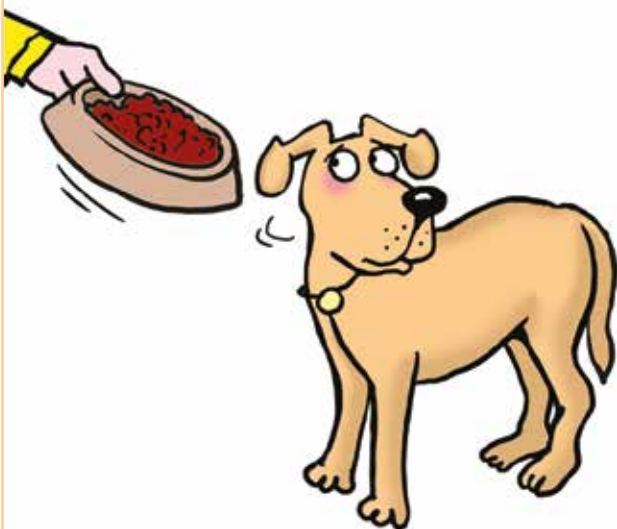
Secret signs of anxious dogs

JUST HOW HAPPY IS YOUR BEST FRIEND?

Can you spot a fearful dog? Do you understand how your best friend is feeling and what they're trying to tell you? We take a closer look at the signs of fear and anxiety in dogs, as well as what you can do to help your dog feel calmer.



IS YOUR DOG TRYING TO TELL YOU SOMETHING?



Many of us here at Lintbells have found working with behaviourists as we've developed our new YuCALM product for dogs a real revelation... what we might have thought of as 'just their personality' or 'being a bit quiet because she's tired' isn't always the case.

As owners, we don't always understand what our dogs are trying to tell us, because their communication can include subtle body language. Thankfully, with a little work and commitment, you can develop the doggy body language vocabulary to better understand what your dog is trying to tell you – and there's help at hand.

HOW TO RECOGNISE SIGNS OF FEAR AND ANXIETY IN DOGS

Learning to understand your dog's body language can help you to identify when they feel fearful or anxious. Some signs are more obvious, such as:

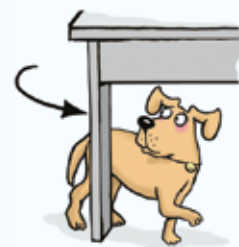
- ✓ **Shaking or trembling**
- ✓ **Tucked tail**
- ✓ **Hiding**
- ✓ **Backing away**
- ✓ **Running away**



Shaking or trembling



Tucked tail



Hiding

Some less obvious signals to look out for that might mean your dog is worried or scared, include:

- ✓ **Ears back**
- ✓ **Restlessness**
- ✓ **Panting**
- ✓ **Being more clingy towards you than usual**
- ✓ **Turning away**
- ✓ **Barking or even showing an aggressive response**
- ✓ **Or even showing an aggressive response**



Ears back



Restlessness

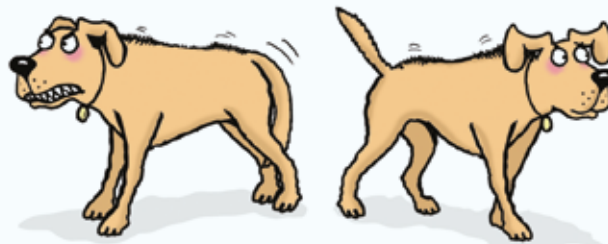


Panting

There are many other behaviours that can be more difficult to read, depending on your dog's shape, size, and even hair length. These include:

- ✓ **Raised hackles**
- ✓ **Wide eyes**
- ✓ **Worried facial expressions**

When you know what to look for, it's easier to spot the signs, and you'll become better equipped to know when your dog might need your support and understanding.



Raised hackles

THE 'NAUGHTY DOG' – ACTUALLY A MISUNDERSTOOD, SCARED DOG?

Some behaviours can easily be misunderstood as 'naughty' – that's things like:

- ✓ **Excessive barking or howling**
- ✓ **Destructiveness**
- ✓ **Toileting in inappropriate places**
- ✓ **Moulted or even biting**



However it's really important not to punish your dog, because this can cause inner conflict, deepen your dog's fear, and eventually cause more extreme behavioural responses.

HOWL!



Howling



Destructiveness



Excessive barking



Toileting in inappropriate places

DISPLACEMENT BEHAVIOURS

You might see your dog doing something that really seems out of context when they are worried or scared. These are known as 'displacement behaviours' and are your dog's way of finding a coping mechanism when they are uncertain about what to do. You might see:

- ✓ Yawning
- ✓ Lip-licking
- ✓ Ground-sniffing
- ✓ Scratching
- ✓ Shaking-off – that's having a shake (like they do when wet) after coming into contact with something (or someone) they're uncomfortable about.



Yawning



Lip-licking



Scratching



Shaking-off

GET THE LINTBELLS GUIDE TO DOG BODY LANGUAGE

We've created a helpful guide to demystify what your dog is trying to tell you – from subtle cues to more obvious ones. Download your illustrated [Lintbells Guide To Dog Body Language](#) here.



EVERY DOG IS DIFFERENT



Reactions will vary from dog to dog, and can be influenced by things beyond your control: personality traits; early life experience; and learning what behavioural response works in different situations all play a role here. **One thing is constant in all fearful dogs though – once you better understand your dog's fears, you can start to help them feel more comfortable and confident.**

DID YOU KNOW?



Dogs can suffer from a canine form of Alzheimer's disease known as Canine Cognitive Dysfunction (CCD)? If you notice a change in your dog's behaviour and how they respond to things as they get older gives you cause for concern, it's best to visit your vet for a diagnosis and advice on how best to manage CCD.

So now you know a little more spotting the signs of fear and anxiety in your dog, how can you help them feel better? Start with the next article in our series at www.lintbells.com