

five things

you can do to reduce stress
in your dogs life.

@bravodogtraining



More Mental Enrichment

This can come in the form of bones, chews, maze feeders, snuffle mats or stuffed Kongs... essentially anything your dog will engage with for 30 minutes or longer for maximum benefit.



Decompression Walks

Unstructured walks using a long line in which your dog can sniff and explore without the busyness of urban areas or, if they suffer from reactivity, there should be no triggers in sight. Look for large field areas with lots of grass.



More Play

Play is not compatible with stress. The more play you can engage in with your dog in environments that they are comfortable in, the more we can promote decompression and relaxation from prior stressful events. Don't be afraid of tug... it's great!



Undisturbed Rest

Many people are home these days with their dogs and they are not receiving undisturbed sleep for longer periods of time. This may mean setting up a "zen area" for your dog that is away from the busyness of the household where no one will disturb them.

Find A Fear Free® Vet & Groomer



Make visits to the vet less stressful and grooming appointments easier.
<https://fearfreepets.com>

