

Anxiety: As discussed at your pet's appointment, there are several avenues by which we can help address and limit their anxiety.

Behavior modification training:

- Departure desensitization: If there are certain things that you do leading up to a departure - picking up keys, putting on your coat/sweater, packing a bag/purse - try doing those things, but not leaving, throughout the day. By doing the departure activities and not actually leaving, you can desensitize your pet to these departure cues, which in turn can reduce the anxiety buildup.
- Varying the normal routine: If your pet gets anxious when their normal routine is changed, you can try to decrease this anxiety by changing up their routine a little bit at a time. Another way to vary this would be to have someone else play games and interact with them - a neighbor, family member or friend - which could also decrease their dependence on any one person.

Over-the-counter supplements:

- Feliway diffusers/spray: The Feliway diffuser provides your cat constant comfort and calming at home for up to 30 days. It mimics the natural feline facial pheromone and is great for both managing anxiety and preventing some associated behavioral problems. Feliway can be very effective in reducing or eliminating scratching and peeing outside the litter box. A significant reduction in these behaviors is usually seen within 7 days. If your cat is marking in several areas in the same room, a Feliway diffuser would be recommended because it covers up to 700 sq ft. Use the diffuser for at least of 30 days. A significant reduction in these behaviors is usually seen within 7 days. Feliway spray is another option that lasts approximately 4-5 hours. For cats that are marking in a particular area you just spray the area where the cat is marking completely with 8-10 sprays twice daily for 30 days. Feliway is not a drug. It is non-sedating, non-systemic, and has no known contraindications with any other treatment. More information, user testimonials, and purchasing information can be found at: www.feliway.com
- Composure chew/drops: VetriScience has created a supplement that can be given either on a daily basis or just when needed that combines thiamine (vitamin B1), L-theanine, and a colostrum calming complex biopeptide blend, which work synergistically to support relaxation without causing sedation or alterations to mentation or motor skills. The thiamine affects the central nervous system to help calm anxious animal; the L-theanine helps the body produce other amino acids to bring specific neurotransmitters back into balance; and the C3 colostrum calming complex supports stress reduction and cognitive function. Rescue Remedy, Zylkene, Solliquin are also products you can purchase from Amazon.

Positive Outlets:

- Play time and other forms of exercise can provide a positive release of excess energy that can factor into anxiety issues.
- If you use a crate or carrier, make this their safe space. You can apply some of the Feliway sprays to the crate to help make them feel calmer/safer inside the crate.

- Occupying Toys/Treats: Provide toys and treats that require your pet to do something. Puzzle feeders may provide an additional positive outlet for energy while you are not around.