

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. For example, instead of going for a walk as soon as you get home, do something else for 5-10 minutes and then go for a walk. Another way to vary this would be to have someone else take him for a walk - a neighbor, dog walker, friend - which could also decrease his dependence on any one person.
- Your dog would benefit from training, such as an in home behavior consultation service that may be able to provide additional recommendations. "The Cautious Canine: How to Help Dogs Conquer Their Fears" by Patricia B. McConnell, Ph.D. may also help you identify triggers and help create an ideal environment. This booklet can be found at [www.patriciamcconnell.com](http://www.patriciamcconnell.com). Alternatively, information about Chicagoland veterinary behavior consultants website, as well as the book, "Decoding your Dog" by Jon Cirabassi is another great resource.

#### Over-the-counter supplements:

- DAP/Adaptil collars: These collars contain a synthetic dog appeasing pheromone which is the pheromone released during lactation that gives puppies a sense of well-being and reassurance. The dog's body heat causes the collar to emit a continuous amount of the odorless hormone, therefore the collar does not work well when wet. More information, user testimonials, and purchasing information can be found at: [www.adaptil.com](http://www.adaptil.com)
- Composure chew/drops: VetriScience has created a supplement that can be given either daily or just when needed that combines thiamine (vitamin B1), L-theanine, and a colostrum calming complex biopeptide blend, which work together to support relaxation without causing sedation or changes 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.

- CBD Products

#### Positive Outlets:

- Long walks and play time can provide a positive release of excess energy that can factor into anxiety issues.
- Create a safe space. You can apply some of the DAP/Adaptil sprays to the crate to help make him feel calmer/safer inside the crate.
- Occupying Toys/Treats: Provide toys and treats that require your pet to do something - Kongs, puzzle feeders, chew toys - may provide an additional positive outlet for energy while you are not around.