

# Signs of *anxiety* and **fear**

From Dr. Marty Becker



Take note of these signs to save your pet from stress.

**T**ake a look at the long list below, and you may not be surprised that many signs of anxiety and fear in dogs or cats are commonly overlooked. Repeated episodes of fear can result in your pet experiencing

unnecessary stress and, thus, a reduced quality of life. If you notice any of these signs frequently, schedule a visit with your veterinarian to help determine the cause, and learn how to lessen and eventually prevent future episodes.

- |   |  |  |
|---|--|--|
| Avoiding eye contact  | Lip curling                              | Taking treats harder than usual, being pickier with treats, or not taking treats at all even if hungry |
| Barking   | Mouth closed tightly or pulled back      | Trembling  |
| Biting  | Mouth pursed forward                     | Turning away (C-shape)   |
| Blinking, squinting   | Mouthing                                 | Turning head   |
| Clinging to owner   | Nails extended                           | Whining  |
| Cowering  | Nipping                                  | Whiskers erected   |
| Defecation  | Pacing                                   | Wide-eyed/sclera showing   |
| Dilated pupils  | Panting                                  | Will not settle down and rest, or will for a moment but back up and moving again                       |
| Dribbling urine/submissive urination                          | Piloerection (raised hair)               | Won't accept treats  |
| Ears lowered or flattened                                     | Rigid forward stance                     | Yawning  |
| Freezing or walking slowly                                    | Running off                              |  |
| Furrowed brows  | Screaming                                |  |
| Growling  | Self-grooming (scratching, licking self) |  |
| Hardened eyes (direct stare with pupils dilated)              | "Shaking off"                            |  |
| Hiding  | Shedding                                 |  |
| Hissing   | Slow-motion moving                       |  |
| Hypersalivation   | Snapping                                 |  |
| Hypervigilance  | Sniffing/appearing distracted            |  |
| Jumping and startling easy at slight changes—hyperalert state | Staring                                  |  |
| Licking lips  | "Sweaty" paws                            |  |
| Lifting one paw   | Tail tucked                              |  |



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