

VISIBLE SIGNS OF STRESS



Dogs can't speak and will show you how they are feeling with their body language. When you see signs of stress, remove the dog or remove the trigger of stress. These are the first signs that something may happen if the situation is not changed immediately. Remember, a wagging tail does not mean the dog is happy, it only means there is intent to do something.

VISIBLE SIGNS YOUR DOG IS STRESSED

- Yawning
- Turning their head away from the person or stressor
- Tightly closed mouth
- Lip licking
- Tightening of facial muscles
- Averting their eyes
- Eyes wide open, also called "whale eye"
- Eyes staring or "locked on"
- Ears laid back or tucked
- Rigid or stiff body
- Standing taller
- Standing on toes instead of flat footed
- Raised hackles
- Tucked tail
- Rigid tail, held up or slowly wagging
- Pacing
- Whining or growling

Once you have identified and removed the stress trigger, you can work with your trainer to ease their anxiety and reduce their response to the trigger.

Do not scold your dog for growling. Teaching him not to growl will be detrimental. You are not "curing" the reason for the growl, you are only teaching him that he is not allowed to tell you how stressed he is. A dog that has been taught not to growl will be the dog that bites with "no warning".