

# Some Signs And Symptoms Of Separation Anxiety

Destructive behavior after their owner's departure is exhibited by almost all dogs experiencing dog separation anxiety. They will often knock things out of place or chew on the owner's shoes. A period of endless howling or barking may start twenty to thirty minutes after being left alone. Excessive greeting behavior that is seen when the owner returns is the most typical sign of dog separation anxiety.

A series of psychological changes is undergone by the dog which the owner doesn't see when they are not around. Usually dog separation symptoms are hyperactive in nature, but some dogs will become slow and depressed over time and it seems to just build up as the days go by. Even though well trained before some dogs may defecate or urinate in inappropriate places as a sign of stress and anxiety.

Dogs begin to sense the impending departure of their master with the passage of time. Before the owner leaves the dog will follow their loved one from room to room and then scratch or dig at the door after the owner has left.

**What is separation anxiety?** Separation anxiety happens when a dog becomes stressed each and every time he or she is left alone. Typically the dog paces, whines, chews or scratches the door and window sills, makes housebreaking mistakes, barks, and generally gets stressed out. It doesn't matter if you're gone for five minutes or five hours, your dog stresses the moment you leave.

## What Can Help With Separation Anxiety?

Your dog is a pack animal and they think differently when it comes to feeling safe and in control. They need you as a mom/dad to provide them the understanding that you are in control and that in end gives them the emotional understanding that they are in a safe place.

By training the dog over time, dog separation anxiety can be overcome. It is best to gradually teach the dog to spend time on his/her own. To find comfort and safety in entertaining their own thoughts. At first the intervals should be short and then gradually increased in length over time. Before he/she is to be left alone, I will often advise caretakers to let the dog run around and exercise. It's good to have a schedule that allows your dog to know what's expected, to give them a consistency if possible and to supply them with brain stimulation and time to engage with you personally. However the dog will tire out and then take a nap while the owner is gone. The same effect might happen with a heavy meal.

Supplements/Herbs are available for dog separation anxiety. Please be cautious when researching this to choose the right product for your circumstance. I do not recommend anything with Melatonin in it for Corgis, as it can cause emotional upset, stomach issues, and discomfort. Gradual training in most cases will help the dog out of this phase and allow the owner to enjoy a fulfilling relationship with your pet.

Purchasing puppy/dog puzzles are great for brain stimulation and to help with quieting the over thinking dog and to assist with relaxing later when you leave and/or are gone.

Dogs with separation anxiety need your help, and the first thing to do is to start having your dog do things that require a response to commands for everything he/she gets -- food, attention, treats, play and walks all happen after he/she listens and responds to a command such as sit. This will calm him/her and help reassure him/her that you are leading the team and providing an environment of safety.

Separation anxiety (SA) dogs are often "owner addicts." They want to be leaning, touching, sitting on, gazing up at or sitting at their owners every moment. This needs to change. Crate training is a great tool and helps a great deal with assisting a dog to feel safe, love, and not anxious. Get a dog bed. It doesn't have to be fancy. Give him/her all his/her petting and attention there. Treats are given there. Meals are given there. Make this the best seat in the

house. Do not call him/her off of the bed to come to you, and leave him/her be when he/she is on it. This may be hard for you at first but things have to change, right?

Get the interaction you crave through training. Take a class, pick up a dog sport and find new ways to spend time with your dog.