
3 Signs of Stress on Walks



01

I'm Concerned

A nervous dog will have ears back, white showing around their eyes, or behaviors like licking their lips, yawning, or shaking off might occur.



02

Avoidance

Another way a dog will try to relieve stress is by totally avoiding the stressor, hiding leaving if possible



03

Vocalization

A fearful dog whose signals are being ignored might Growl or Bark. Your dog is not protecting you. They are afraid.

Find out more at:

WWW.CITIZENCANINES.NET

These Behaviors don't always crop up at once so observe your dog to understand when they need your help, especially if other people or children are involved.

4 ways you can Help



01

I'm Fine

A Chill relaxed dog has loose body movements, easy eye contact, and a medium-high loose wag to their tail. Their ears are relaxed and there is little white around their eyes. Reinforce calm behaviors, heel, and eye contact .



02

Raising your Treat Value

Having both high-value like liver or cheese treats and medium-value like soft kibble treats in your pouch can help your dog stay focused and not worry so much.



03

Taking a different path

When your dog begins to express nervousness have a plan to change route. Leaving the area and reinforcing your dog as you go can reduce their stress and you can continue your walk



04

Going Home

If your dog remains agitated or is having trouble dealing with distractions, before you get frustrated, go home and try again tomorrow

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