

HOW YOU CAN HELP YOUR FEARFUL OR ANXIOUS DOG

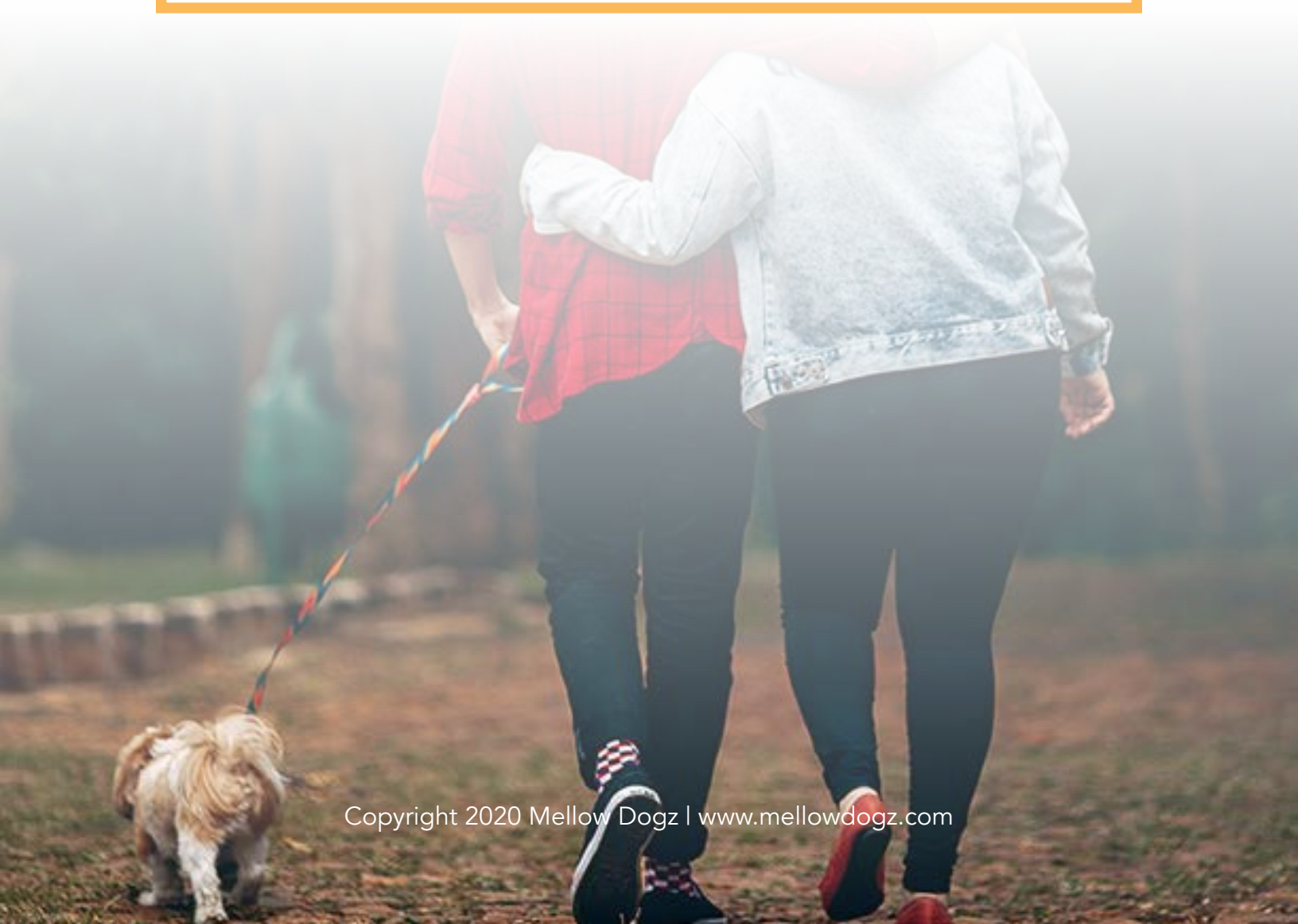


Dealing with a fearful dog is extremely challenging. It can become impossible to take your dog to the vet or the groomer, or even leave them home alone. You might not trust your dog with strangers or children, and you might dread seeing thunderstorms in the forecast. You might wonder why you have this dog at all.

We want to change all that!

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CHAPTER 1 - UNDERSTANDING FEAR

If you have a shy, fearful or anxious dog, this e-book will help you give you the tools necessary to help your dog live its happiest and healthiest life. You will understand your dog's fears and phobias better and learn how to handle your anxious pooch. You will discover how to overcome some of the common phobias and be armed with a number of tips & tricks to calm your fearful dog.

You will also find products and services that are available to help with the process, along with other resources that offer support and advice. No matter what your dog is fearful of, owning a fearful dog is tough, but we are confident that this e-book will help you and your dog gain your confidence and peace of mind back.

Did you know fear is a universal experience, felt by every single species? That includes your dog. Fear is an emotional response caused by an encounter with something – real or anticipated – that appears to be a threat. This could be the disappearance of a loved one, an experience that has caused physical or emotional pain in the past, or simply the unknown.

This reaction causes physiological changes in the body, from the brain to internal organs. Breathing becomes rapid, heart rate increases and muscles tense up. These responses send a signal to the brain that a threat is near and a physical or emotional defense mechanism kicks in – famously referred to as a “fight or flight” response”



FEARS, PHOBIA & ANXIETY: WHAT'S THE DIFFERENCE?

Now that we know what fear is, let's talk about the different kinds of fear.

You've probably heard the terms 'anxiety' or 'phobia' when discussing fearful or scared dogs and wondered what the difference is. These terms are frequently lumped together, but while they are similar, each has a very distinct definition:

- **FEAR** is an emotion caused by the presence of danger, whether this is an aggressive dog or an accelerating vehicle. It triggers an *immediate* reaction in the brain in response to the perceived threat.
- **ANXIETY** is nervousness or apprehension regarding an *anticipated* threat. The best example is pulling up in front of the vet. Your dog might make the association that the last two times he went for a car ride, he was taken to the dreaded vet's office, where he experienced poking, prodding or other unpleasant things. So, this time, he's anxious about getting in, or out of the car.

- **PHOBIAS** are *extreme* and abnormal fears. They can be so extreme, in fact, that these fears can affect quality of life or ability to function. Phobia of fireworks is one of the most common phobias, where the sound can send a dog into a full-blown panic and cause the dog to try and escape their home or owner.



GOOD TO KNOW TIDBIT:

It's not unusual for a pooch with one type of fear or anxiety to exhibit those emotions in other situations, as well.

For instance, a dog with noise or thunderstorm phobias are more likely to experience separation anxiety.

THE EFFECTS OF FEAR

For anyone who has a fearful dog, they know first-hand that the negative impact of fear deeply affects them, as well as their dog. Unmanaged fear can affect the quality of a dog's life and can lead to serious physical, mental, emotional, and behavioral consequences.

We've already talked about how fear presents itself in a dog physiologically, but it can have

long-term effects as well. Anxious and fearful dogs are more prone to disease and infection, ongoing digestive issues, and even a shorter lifespan.

Even if a dog's fearful behavior is manageable in the beginning, it's not likely to improve without intervention. You might hope that your dog will "grow out of it," but often, this just isn't the case. A dog's fears, anxieties and phobias generally escalate over time and could ultimately lead to aggression, if left unmanaged.



GOOD TO KNOW TIDBIT:

Did you know fear is one of the most damaging emotions a social species can experience? It can cause permanent damage to the brain.

CHAPTER 2 - HOW TO MANAGE YOUR FEARFUL DOG

We have all felt fear and know that it can be completely paralyzing. So, when we see others in fear, including our dogs, our first instinct is to comfort them and tell them that it will be okay. Unfortunately, this is exactly what we should not do as dog owners.

So, you might be asking: what *can* we do as pet parents to help our anxious dogs? How can we make fearful dogs feel safe and gain confidence, and what should we avoid doing that we have been doing?

DON'T Punish

In speaking with owners of fearful dogs, many admit to having punished their dog for reacting in a fearful manner. Perhaps they've yelled out of frustration, yanked on the leash or in some cases, even hit their dog. Often, these pet parents just wanted to let their dog know that the barking or other anxious behavior isn't acceptable, but the truth is that any form of punishment only makes matters worse.

Punishment, including yelling, yanking on a



leash or hitting can lead to a dog resisting training altogether, feeling helpless or becoming increasingly aggressive. Worst of all, it harms the bond between you and your dog.



GOOD TO KNOW TIDBIT:

Flooding can be extremely damaging to your pooch's psyche, escalating fear, anxiety, and stress, and damaging the human-animal bond.


DON'T Flood

"Flooding" is forcing an animal to "face their fears" by keeping them in the fearful environment or dragging them up to it.

If a dog is fearful of strangers, you should not force them to approach a strange person. Forcing them to approach something they fear will only cause your dog to lose trust in you as their care giver and protector. On top of that, if the dog is frightened, they may resort to biting a stranger or you, or successfully break from their leash.

DO Reward

You might find that your dog is occasionally willing to move towards the source of his fear (i.e. The stranger in the previous section). If this

A man with a beard and tattoos is sitting on the floor, holding a brown dog. The dog is looking up at the man. The man is wearing a black t-shirt and blue jeans. The dog is wearing a black collar. The background is a blurred indoor setting with a teal door.

is the case, let them! As your dog approaches, stay close and speak calmly.

Even if your dog only takes a step or two, celebrate and reward that behavior. Even looking at the stranger and back to you is a good step. Tell them they are SUCH a good dog and give them a good pat! You can remove your dog from the situation at that point, leaving them with a positive feeling about the experience, rather than fearful. Your dog also now trusts you not to force them into anything scary. Over time and with practice, your dog should begin to associate strangers with more positive feelings.

DO be patient

It's important to remember that dogs can sometimes hold onto their fears for a long time, while others will conquer their fears quickly. No matter what your dog is like, you need to be patient as helping a dog overcoming fears, phobias and anxieties is a journey. The most important thing you can do is teach them that they can rely on you and trust you while they get through this.

CHAPTER 3 - OVERCOMING COMMON FEARS



We frequently get asked about a few common fears and phobias that dogs commonly experience and how to manage them. In this section, we share additional specialized tips and tricks on overcoming your dog's phobias.

SEPARATION ANXIETY

One of the most wonderful things about dogs is how closely they bond with humans but what if your dog is too attached? It may lead to separation anxiety.

Separation anxiety is a common behavioral condition in which dogs experience anxiety or excessive panic when they are left alone. The most common separation anxiety symptoms in dogs include destructive behavior, house soiling and excessive howling or barking.

If you are struggling with a dog experiencing separation anxiety, do not feel discouraged. Separation anxiety can be handled successfully with these methods:

- Exercise your dog before you leave. There is

an old saying that “a tired dog is a good dog”, and it’s true! Tired dogs have less energy with which to be anxious and destructive.

- Before you leave, give them a stuffed Kong or other hollow toy.
- Stay calm when you leave and calm when you return to make the experience feel less eventful.
- Change up your departure routine so your dog won't recognize your departure cues and become anxious. For example, grab your car keys when you take your dog to the park, get dressed for work but stay home, set your alarm early on a weekend, then go right back to bed. You get the idea. The key is to make your departures less predictable.
- Try calming, organic supplements like [Mellow Dogz CHILL CBD](#) to help ease his anxiety.
- Consider working with a behavior professional for extra support and more separation anxiety training tips.





NOISE PHOBIAS

Fireworks and thunder are the most common noise phobias for dogs, but it's not uncommon for other loud or unexpected sounds to spark fear, anxiety and stress in a pooch, including gunshots, loud cars, or even the rustling of a garbage bag at home.

These noise-induced fears have a detrimental effect on a dog's quality of life, putting them at risk of injury, or worse, they may even run away from home. These phobias aren't only traumatic for the dog, but they are also stressful for the parent who feels helpless.

While it's unlikely that your dog will outgrow their noise phobia, you can take steps to help calm your noise sensitive dog:

- **Avoid the source of the noise.** With some noises, the simplest solution is to try and avoid the noise altogether – not taking your dog to experience fireworks or to places where guns are being fired (Duh).
- **Reward relaxed behavior.** Find a reward that your dog likes and use it to encourage a relaxed manner in the presence of the noise. If they relax for even a second, reward them. You

can practice this daily and gradually start to wait for longer periods before rewarding calm behavior.

- **Desensitize your dog to noise.** If your dog fears the noise made by a vacuum or a blender, have your dog relax a few rooms away, with the door closed before you flip the on switch. For storms or fireworks, you can use music or TV as background noise. The idea is to start with the frightening sound as low in volume as possible and gradually increase the volume until your dog is indifferent to it.



CHAPTER 4 - ADDITIONAL TIPS & TRICKS



In the previous chapter, we've touched on a number of methods for helping fearful and anxious dogs build their confidence and live happier, healthier lives. Before we wrap up, we'd like to share a few additional tips & tricks that can be used every day to help calm a fearful dog:

- **Exercise** – Like humans, daily physical activity boosts serotonin levels in dogs and releases endorphins that fight stress and build emotional resilience. Exercise is a productive outlet for pent-up energy, allowing dogs to relax afterward – so tire your dog out!
- **Pheromones** – Synthetic pheromones mimic those naturally produced by mothers to soothe their pups. Often available as a diffuser or spray, they may alleviate stress and help a dog relax.
- **Anti-Anxiety Meds** – Sometimes extreme phobias require a veterinarian to prescribe anti-anxiety medication. If you feel like your dog's fears are affecting their quality of life, and the information in this e-book isn't working, it might be time to talk with your vet.

- **Natural, Organic Anti-Anxiety Supplements** – If you're not ready to consider prescription meds, many pet parents swear by hemp-extracted CBD supplements as a natural and organic method of calming their dog down ([Check out Mellow Dogz CHILL supplement](#)). Unlike many CBD supplements, Mellow Dogz CBD supplements contain ZERO THC (the psychoactive ingredient) and also reportedly work well to reduce inflammation and manage pain.

- **Behavioral Help** – Fears, anxieties and phobias can be a lot for any pooch parent to deal with. If your dog is showing signs of aggression, inability to cope with daily activities, is constantly acting destructive or you're simply at your wit's end, and are considering re-homing, we encourage contacting a canine behavioralist.





CONCLUSION

It's important to remember that you're not alone. Some 20%+ of all dogs suffer from anxiety and fear disorders, but as we hope this e-book has shown, knowledge is power and there are effective calming tips & tricks, behavioral training, organic supplements, and support available to you and your beloved dog.

If you are interested in trying Mellow Dogz calming CHILL supplement, you can get 20% Off right now by visiting this page.