

# April is Stress Awareness Month: How to Detect Signs of Stress in Your Pet



It's common knowledge that many pets are stressed by thunder and lightening, not to mention a trip to the vet. But there are many other reasons that pets suffer from [stress and anxiety](#) and it happens mostly in their home environment.

Typical signs of [stress in dogs](#) include:

- Excessive barking both inside and outside the home
- Accidents around the house
- Sudden displays of growling, snarling and even biting family members toward which your dog is normally affectionate
- Physical signs of illness such as vomiting, diarrhea, loss of appetite skin allergies excessive licking and pulling out clumps of fur
- Destructive behavior such as chewing furniture and other items in the home

Further, many dogs get stressed when left home alone for long hours and anxiety builds until you get back home. A new home or changes in the existing environment can also be triggers. So can a new baby or a new pet. Some pets get destructive chewing things around the house, others make themselves physically ill.

Cats are equally affected. Sadly, because a lot of cats keep to themselves in the home, their owners are often never aware of the situation. Sometimes the level of stress is

gradual so it's important to be vigilant of your pet at all times.

Typical everyday activities that can stress felines include:

- Loud music played constantly
- New furniture
- Repairs and maintenance being done around the house
- A barking dog or new pets
- New family members and [even visitors](#)
- A change of food or litter type
- A dirty litter box as cats are very clean animals by nature
- Visits to the vet's office

As with dogs, signs of stress in cats can include hiding for long periods, excessive grooming and chasing the tail, loss of appetite, vomit and diarrhea. Your veterinarian should check anything that you consider abnormal.

[Calming collars](#), such as the [SENTRY Calming Collar](#), are available for both dogs and cats, are infused with natural calming ingredients and its efficacy lasts one month. It's a really good idea to put on such a collar and keep one on when you know changes are going to be happening in your pet's life — whether you are moving or the pending arrival of a new baby. Other products such as SENTRY [pheromone sprays](#) and [diffusers](#) contain pheromones, which are believed to have a calming effect. Such collars can help in all home situations. The benefits of such products is that you can use them long term.

While your pet's personality plays an important role in how they react to different situations. If you pay close attention to your pets, it's easy to note changes.