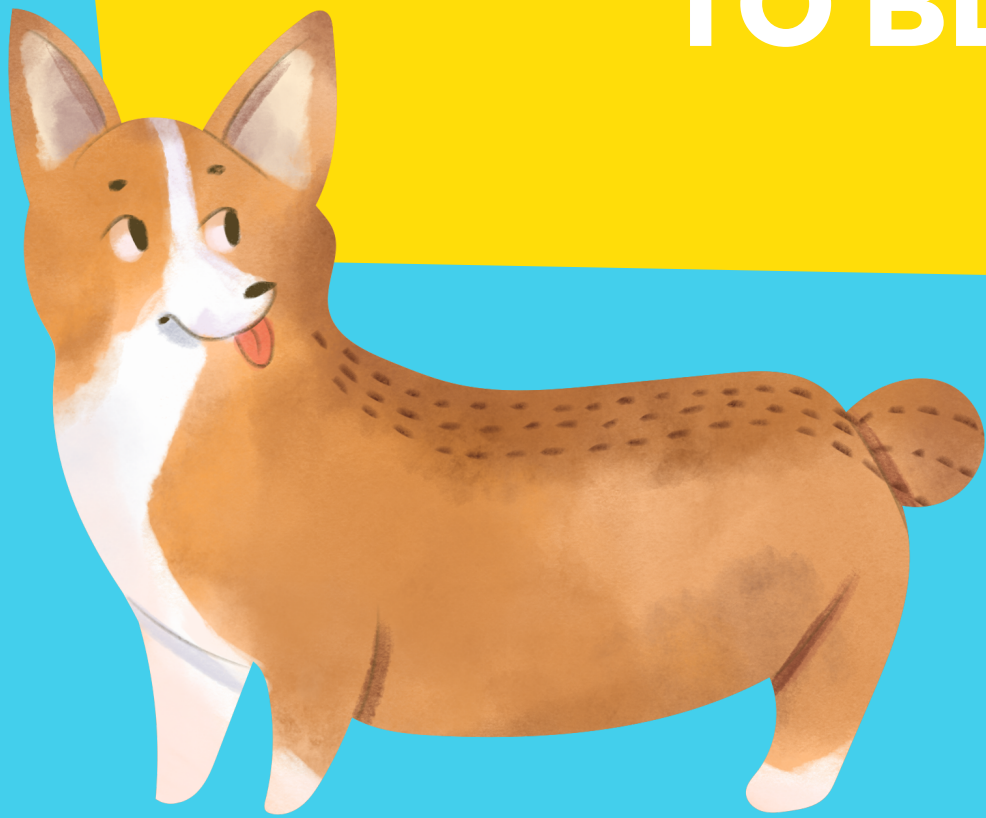
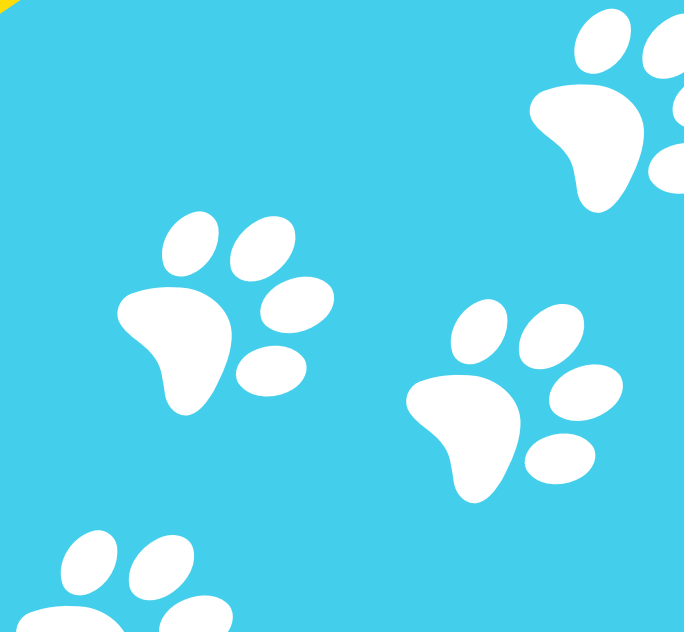


**IS YOUR DOG
ACTING UP?
STRESS IS PROBABLY
TO BLAME**



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FOOD FOR THOUGHT

It's easy to get frustrated when your dog tears your curtains or tugs the leash, but remember your dog's ancestors were bred to work! In comparison to their ancestors, our modern day dogs lead quiet lives.

Before we try to change our dog's behavior, we need to make sure their needs are met.



1. REMOVE STRESSORS

If your dog is stressed by other dogs, guests, being alone or anything else that you can control, try to remove or reduce that stressor.

EXAMPLE:

If your dog tends to dig through your trash, try giving them extra exercise. The more playtime and walks they have, the more tired they will be - and in return, they'll feel less of a need to forage.



2. ADDRESS PHYSICAL PAIN

Make a trip to the vet just in case. Regardless of the behavioral problem, we always need to make sure our dog isn't in pain - they are remarkably good at hiding it from us!



3. ENGAGE IN BEHAVIORAL WELLNESS

Does your dog have enough of these 4 things?



Exercise:

Make sure your dog is getting plenty of outdoor exercise.

Take them to dog parks, lengthy walks, and give them enough outdoor playtime.

Enrichment:

Keep your dog's brain active.

Try out some puzzle toys, slow feeders or take longer walks/hikes in nature.

Communication:

Communication is vital to any relationship. Make sure you are doing your best to clearly and in a positive manner communicate with your dog.

Nutrition:

There is a lot of research that supports the idea that the fresher the food, the better the food.

4. BREED APPROPRIATE ACTIVITIES

Your dog most likely was bred for a specific purpose or job. The modern dog still have these traits! Cattle dogs have tendencies to herd, terriers to dig and guard dogs to patrol!

Do some research on your breed and activities they could benefit from.

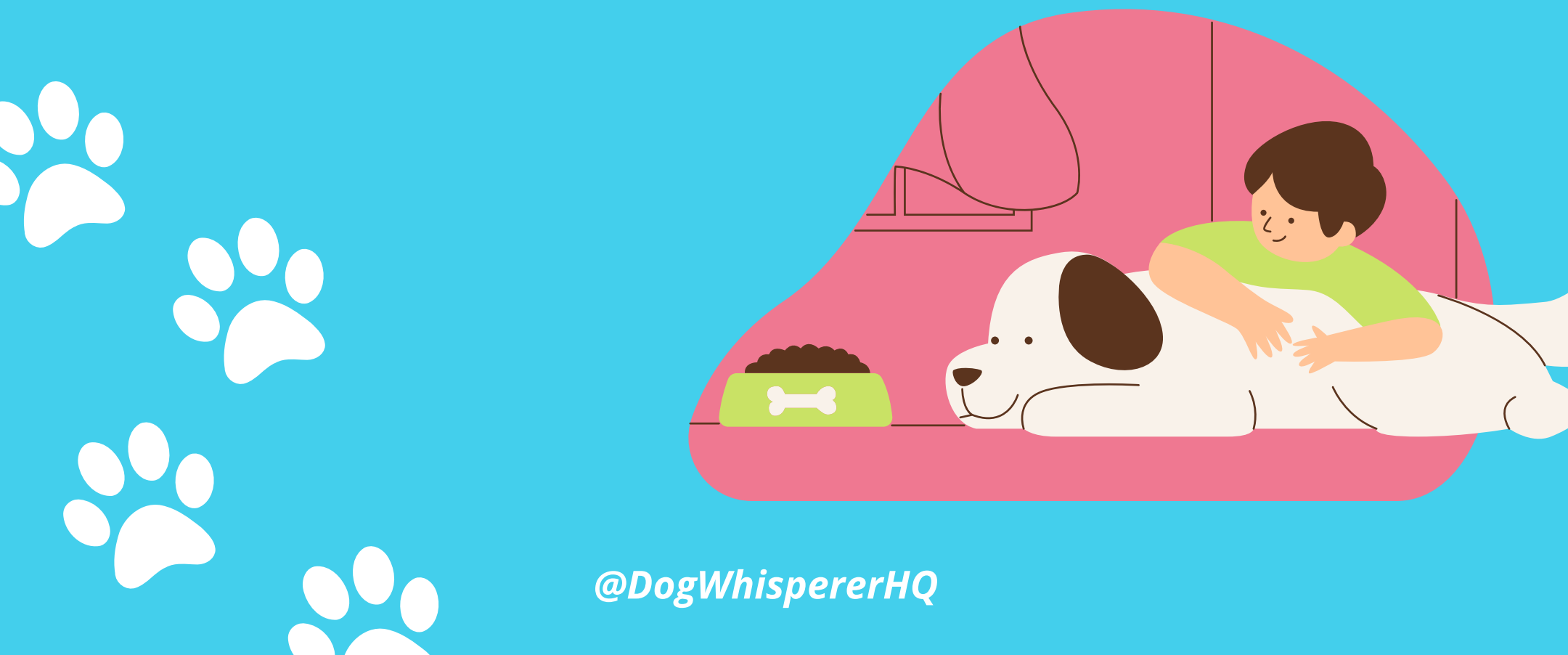


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5. ASK YOURSELF: ARE MY EXPECTATIONS TOO HIGH?

Given your dog's personality, age, genetic history and training history so far, are your expectations fair? In many cases, our frustration stems from the fact that we're expecting too much from our dogs.



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6. ALTERNATIVE BEHAVIORS

If your dog still exhibits behavioral issues, it might be time to try training. Be clear with what your dog's "job" is in given situations, and help teach them with positive reinforcement.

Remember: This will take time!
Be patient.



We can't change our dog's genes, but we can change their environment to set our dogs up for success.

For the full article,
check the link in
our bio!



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