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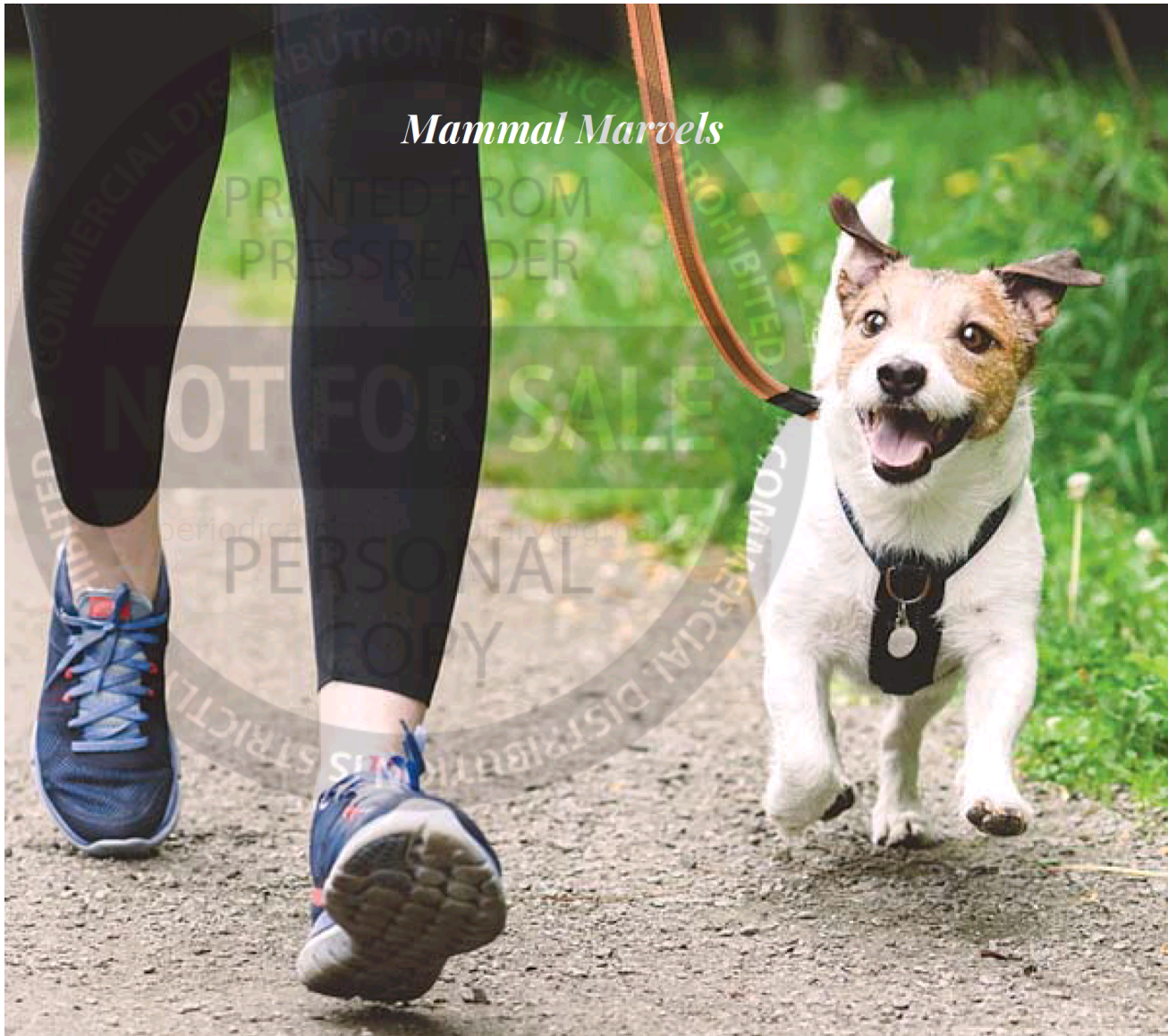


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5 WAYS YOU CAN HELP YOUR DOGS DE-STRESS

By MARTINA JAUIN MENDOZA

In the previous issue, we looked for signs of stress in Dogs. Now, it's time to find out how to stress them less.



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1

GET THEM MOVING

Physical exercise has many incredible benefits for a Dog, including reducing stress. According to a 2023 article by Nicole LaForest for *PetMD*, exercise will not only burn off your Dog's excess energy but also release endorphins.

There's also an added benefit for you: Exercising with your Dog decreases your stress levels, too!

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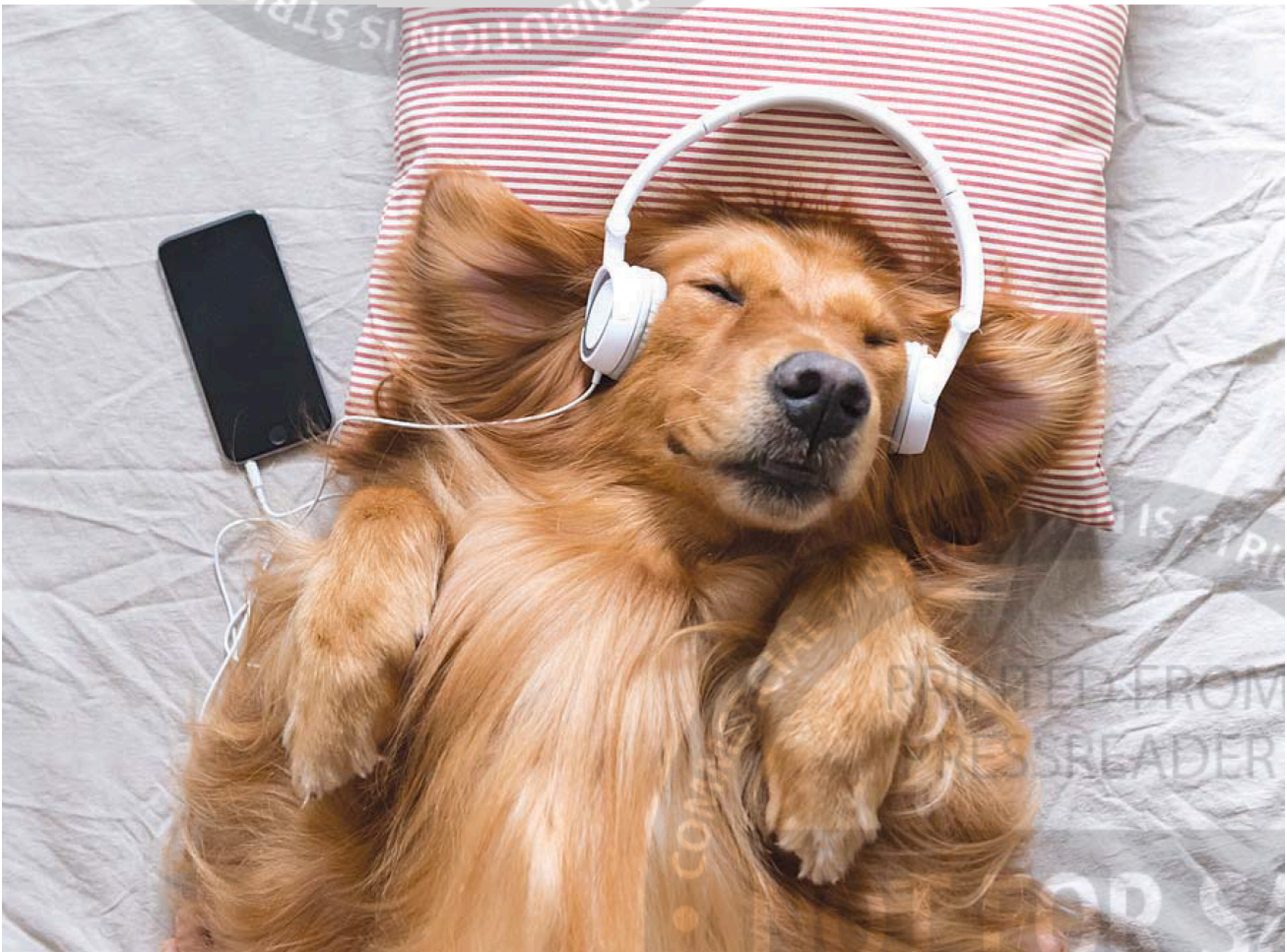
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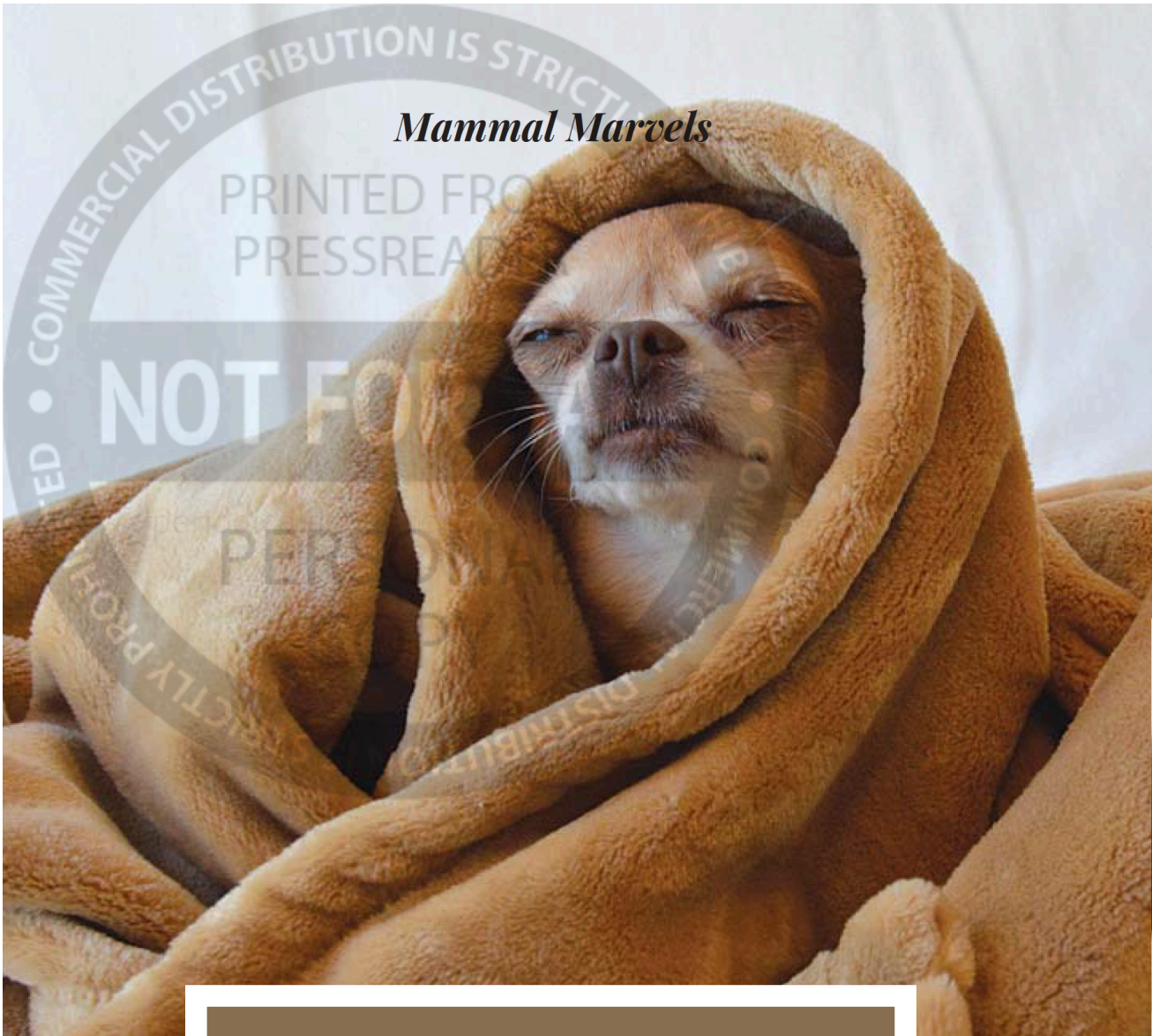
PLAY SOME MUSIC

Calming music can reduce stress levels because it drowns out triggering noises like fireworks.

There are several curated playlists that contain calming music in music streaming applications like Spotify that you can look for if your pooch needs a little music therapy. Try one of them and find out if your canine friend seems much more relaxed!



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GIVE THEM SOME CLOTHES

3

According to an article by Nick McKendry for the *Central California Society for the Prevention of Cruelty to Animals* website, giving your Dog clothes (that are tight, but not too tight) applies pressure to your Dog's body as if they're being hugged.

This is especially helpful when they're anxious around loud fireworks.

Extra tip: If you can't find any clothes for your Dog, you can hug them instead! Of course, don't overdo it — that might cause them to become more anxious.

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4

GIVE THEM A MASSAGE

According to an article on the *Pooch and Mutt* website, a mild face massage will also help them deal with the stress.

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5

PROVIDE A SAFE SPACE

You can also give your Dog a safe spot whenever they're anxious. That specific space can act as an escape when they're feeling stressed.

You can set up a small space in a corner of the house that is cool and quiet. Make sure the space is clean, too.

WHAT'S BEST FOR YOUR DOG?

The above are just some simple ways to calm your furbaby. Not all stress-triggering situations can be avoided, so it's best to be prepared to calm them down. After all, they help *you* calm down!