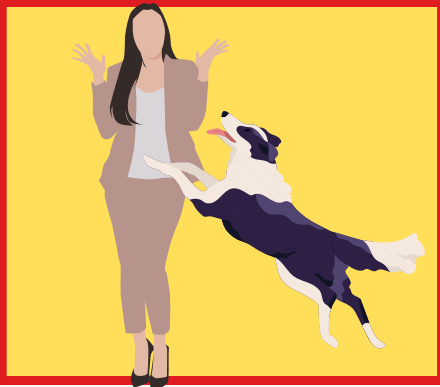


# OVER AROUSAL AND STRESS

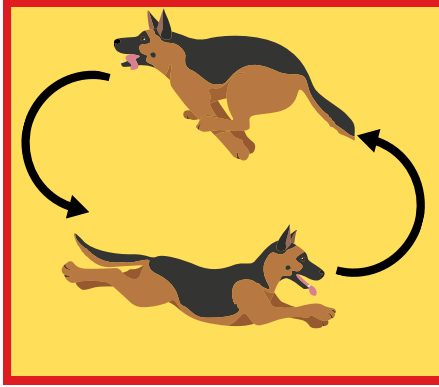
Dogs who are over aroused or stressed tend to have very poor impulse control and listening skills. They can be very difficult to settle.

Exercise & games for your dog may tire their bodies, but not their minds. Over exercise can actually give them increased stamina.

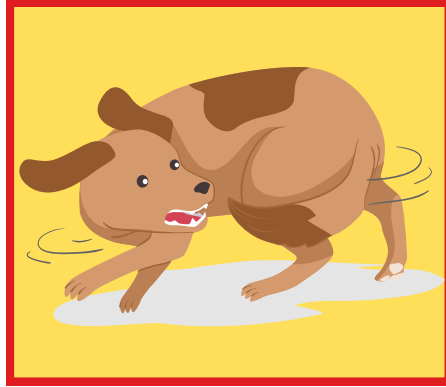
## JUMPING



## PACING



## SPINNING



## BALL / TOY OBSESSION



## WALKING IS DIFFICULT



## NEED FOR EXERCISE



## STRESS EFFECTS EACH DOG DIFFERENTLY

Stress from both negative and positive stimuli can cause physical changes in your dog. These cause stress hormones to be released which can take days to leave your dog's body. If you have a dog that is continually exposed to stressful situations, their stress hormones stay at high levels.

## GIVE YOUR DOG TIME TO DECOMPRESS AND SETTLE

## MENTAL STIMULATION IDEAS

Keep your dog at home, maintain a calm routine and engage your dog's mind more than they are physically exercising.

- Puzzle toys
- Sniffing games
- Snuffle mat
- Stuffed Kong toy

