

HOW TO PREVENT STRESS AND ANXIETY IN YOUR PET WHEN GOING BACK TO WORK



COVID-19 and what it means for Our Pets.

With the coronavirus pandemic, people are now working from home, and are spending more time with their pets. This means more attention, more play time, maybe even more walks and training sessions; but what happens when all this extra attention comes to a halt?

When some version of a new reality comes to light, and more and more people are able to go back to work, this means long days for our pets and less attention and activities.

This disruption can trigger stress, and anxiety in our pets. Owners with pets that already suffer from separation anxiety can see increased distress.

What can be done to prevent this from happening to your pet? Follow these tips to start preparing your pet for when you go back to work.

ESTABLISH A ROUTINE

Attempt to recreate the routine that you had when you were going to work. For an example, if you crated your pet while you were at work, then it is recommended that you continue to do so during your work hours at home. This will help create a predictable routine, and therefore decreasing the chances of your pet experiencing distress when you do go back to work.

PROVIDE INDEPENDENT ACTIVITIES

Give your pet something to engage in on their own while you are working from home. This can be a feeder toy such as the Kong Wobbler or No Bowl Feeding System. These types of activities allow your pet to stay mentally healthy, as well as allowing them the ability to focus on something other than you. You can find a variety of different enriching activities for your pets on the Companion Pet Behavior Solutions social media platforms.

PRACTICE LEAVING

Practice leaving your home just as you would for work or running errands. Order take out from your favorite local restaurant, or just go for a drive. This will help keep your pet in the routine of you leaving your home. You can also record your pet to observe their behavior when absent. This will help you to catch any signs of anxiety or stress.

If you see an increase in stress and anxiety in your pet Companion Pet Behavior Solutions can help. Visit www.cpbehaviorsolutions.com