



# SEPARATION ANXIETY

TTU ANIMAL BEHAVIOR CLINIC

## Why are they anxious?

Dogs show separation anxiety if they experience distress when separated from an owner or caregiver. This can be shown by digging or scratching at doors, destructive behaviors, vocalizing, trembling, pacing, or panting.

## What can we do?

Effective strategies include playing soothing music, engaging in a walk or stimulating activity before departure, providing enrichment toys, utilizing pheromones, and implementing crate-training techniques. Additionally, it is essential to help your dog gradually acclimate to departure cues to reduce anxiety.

## Check out these helpful resources!



## The key is prevention..

To help prevent our dogs from having anxiety when we leave home we want to make sure we keep our greetings and exits low-key. This means, remaining calm when entering the home and only returning the greeting when the dog is calm and ignoring anxious behavior when leaving.

## Continued steps...

- Act out departure cues (like grabbing keys or wearing shoes) without leaving.
- Gradually get your dog used to your absence by giving them a long-lasting treat before pretending to leave.
- Increase intensity by opening the door, then going out for short periods.
- If they stay calm, slowly extend the time alone and try mini trips outside. Repeat these steps throughout the day until they stop reacting.

## CONTACT US!



TTU-ABC@TTU.EDU



<https://bit.ly/ABCTTU>



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