

Why do rescue dogs have anxiety?

Rescue dogs experience anxiety for a variety of reasons. Oftentimes, rescue dogs have experienced abandonment, neglect, or abuse.

Therefore, when rescue volunteers save dogs from being euthanized at shelters or take them off the streets, their anxiety levels are already extremely high.



5 Most Common Cues

• Hard Time Adjusting •

The transitional period from the shelter into your home can sometimes cause fear and anxiety in your dog



TIP:

- ✓ Give your dog the alone time he needs
- ✓ Be patient - your dog will come to you once he's ready

• Food Aggression •

Because shelter dogs often have to fight over their food, your dog might still be in fear that his food could be stolen, which could result in:

- ✓ Snarling
- ✓ Baring teeth
- ✓ Growling
- ✓ Biting during mealtime.



TIP:

- ✓ Don't stand too close to your dog as he's eating
- ✓ Create a feeding schedule for consistency

• Resource Guarding •

Oftentimes, shelter dogs have to compete with other dogs for resources, including toys, food, water, or affection

It may take some time for your dog to understand that he doesn't have to compete with other dogs for these things

You may notice your dog:

- ✓ Guard and establish possession around toys, food or even people

TIP:

- ✓ Bond with your dog and establish trust



• Separation Anxiety •

After being homeless his entire life, it is completely understandable that your dog may experience separation anxiety when you are not around, potentially causing them to react by:



Barking
profusely



Indoor
accidents



Destroying
furniture

• Leg Lifting •

Being in a new home, your dog will most likely want to make it's mark



TIP:

- ✓ Show your dog this is unacceptable
- ✓ Puppy proof your home to eliminate the times your dog is encouraged to act out