Dogs communicate with us every day, but sometimes we don’t understand what they are saying. On the back of this page, there is a chart from Dr. Sophia Yin that details many signs of stress.

Some other signs of stress include:

- Whining
- Whale Eye, or showing the whites of their eyes
- Submissive Urination
- Tail Tucked
- Shaking
- Paw Raise
- Sneezing Sequence (when he didn’t just sniff something that would cause him to sneeze)

If your dog is showing any of these signs, take a step back and see what is causing their concern. Did the door just slap and startle them? Did they just meet a larger dog that is bullying them? Is your child chasing them and trying to pull their tail? Depending on what is causing your dog’s stress, try to remove the stressor or the dog from the situation. Offer them a quiet, safe place for them to escape, such as a crate. Exercise is a great way for dogs to expel their energy and get their worries out. Obedience training can also help your dog build more confidence. Whatever is causing your dog to fret, look at your dog’s body language and act accordingly. Your dog will thank you!

If you have an exceptionally stressed or fearful dog, please contact our training facility, New Dawn Animal Behavior Center, at: www.NewDawnABC.com or call 727-415-1567
Body Language of Fear in Dogs

Slight Cowering

Major Cowering

More Subtle Signs of Fear & Anxiety

Licking Lips
when no food nearby

Panting
when not hot or thirsty

Brows Furrowed, Ears to Side

Moving in Slow Motion
walking slow on floor

Acting Sleepy or Yawning
when they shouldn’t be tired

Hypervigilant
looking in many directions

Suddenly Won’t Eat
but was hungry earlier

Moving Away

Pacing

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