

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 Common Signs of Stress:

- Whining
- Whale Eye, or showing the whites of their eyes
- Submissive Urination
- Tail Tucked
- Shaking
- Paw Raise
- Licking Lips (when no food present)
- 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!

# Body Language of Fear in Dogs



**Slight Cowering**

**Major Cowering**

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## More Subtle Signs of Fear & Anxiety



**Licking Lips**  
when no food nearby



**Panting**  
when not hot or thirsty



**Brow Furrowed, Ears to Side**



**Moving in Slow Motion**  
walking slow on floor



**Acting Sleepy or Yawning**  
when they shouldn't be tired



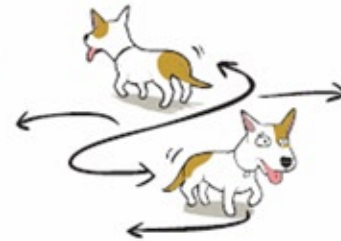
**Hypervigilant**  
looking in many directions



**Suddenly Won't Eat**  
but was hungry earlier



**Moving Away**



**Pacing**