



# Separation Anxiety

Signs Your Dog Might Be Suffering in Your Absence

Do you worry that your dog misses you a little *too* much? Does your pup chew or destroy things in the house when you are not there? If so, your pet may have separation anxiety.

## Look for the “classic” signs

- Vocalization
- Destructiveness
- House soiling

## Other behavioral and physiological signs related to separation anxiety

- Panting, pacing, or drooling
- Hyperventilation
- Gastrointestinal signs, such as vomiting and diarrhea
- Inappetence: Does she wait for you to get home before eating?
- Increased anxiety when owner is preparing to leave
- Excessive greetings upon your return

## These signs may appear in some (but not all) dogs

- Becoming withdrawn or inactive
- Extreme levels of panic and escape behavior that results in self-trauma (common for dogs who are crated when left alone)

## The only way to be sure is to collect video

Set up your phone to record video and point the camera toward where you exit your home. Leave the home as you normally would, and either walk or drive away. Stay out of the home for at least 10 minutes.

**Check the recording when you get back. Evaluate what you see! Did you notice any of the following?**

- Pacing or panting
- Vocalization
- Pawing at door
- Nervous walking from the door to a window

**If you notice any of these signs, talk to your veterinarian and show them the video.** Some options that may be suggested include:

- Doggie daycare
- Leave the dog with a friend or relative who stays home
- Take the dog to your workplace
- Leave the dog in a different area of the home that’s not associated with increased anxiety

If none of these options are viable, pheromones, nutraceuticals, and anxiolytic medications may also be prescribed.

## What *not* to do

Do not confine your pup in a crate—this may further her anxiety and she could hurt herself trying to escape.



**Remember:** If your dog is suffering from separation anxiety, they *are* suffering. Talk to your AAHA-accredited veterinary practice about ways to help.