



HOW TO MANAGE YOUR DOG'S STRESS AND ANXIETY

Because good health includes their mood



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“When we are considering
how a dog is behaving,
we really should be
considering what is inside
the stomach”

— MUGFORD, 1987



As dedicated pet owners, ensuring the mental and emotional well-being of our canine companions is paramount.

However, just like humans, dogs can experience stress and anxiety, which can significantly impact their quality of life. Recognising the signs of stress and anxiety in dogs and understanding the underlying factors that contribute to these issues are crucial steps towards providing effective support and solutions.

In this comprehensive guide, we explore strategies for managing stress and anxiety in dogs, offering insights into various factors that may trigger or exacerbate these conditions. By equipping ourselves with knowledge and practical interventions, we can help our canine companions lead happier, calmer lives.

Common signs your dog is suffering from stress and anxiety



- 1 Excessive Barking or Whining:** Dogs may vocalise more than usual when they are stressed or anxious.
- 2 Panting and Pacing:** Restlessness and increased panting or pacing can be signs of anxiety.
- 3 Excessive Licking or Grooming:** Dogs may lick themselves excessively as a way to self-soothe when they are anxious.
- 4 Excessive Drooling:** Stress can cause dogs to drool more than usual.
- 5 Aggression:** Some dogs may become more aggressive when they are stressed or anxious, especially if they feel threatened.
- 6 Avoidance or Hiding:** Dogs may try to avoid certain situations or hide when they are stressed.
- 7 Shaking or Trembling:** Dogs may shake or tremble when they are stressed or anxious.
- 8 Destructive Behaviour:** Chewing, digging, or scratching at furniture or other objects can be a way for dogs to cope with stress.
- 9 Changes in Appetite:** Some dogs may eat more or less than usual when stressed or anxious.
- 10 Changes in Elimination Habits:** Stress can lead to accidents in the house or changes in bathroom habits.



Factors that may contribute to stress and anxiety in dogs

Changes in Routine: Dogs are creatures of habit, and changes in their routine, such as moving to a new home, changes in feeding or walking schedules, or the addition of a new pet or family member, can be stressful for them.

Lack of Socialisation: Dogs that are not properly socialised as puppies may be more prone to anxiety in new or unfamiliar situations.

Fear: Dogs can develop fear responses to specific stimuli, such as loud noises (thunderstorms, fireworks), certain objects, or unfamiliar people or animals.

Past Trauma: Dogs that have experienced trauma, abuse, or neglect in the past may be more prone to anxiety.

Health Issues: Underlying health problems, such as pain, discomfort, or hormonal imbalances, can contribute to anxiety in dogs.

Breed Predisposition: Some dog breeds are more prone to anxiety than others. Breeds such as Border Collies, German Shepherds, and Cavalier King Charles Spaniels are known to be more sensitive and prone to anxiety.

Owner's Behaviour: Dogs are very attuned to their owners' emotions and can pick up on their stress or anxiety, which can in turn affect the dog's behaviour.

Environmental Factors: Environmental factors such as overcrowding, confinement, or lack of mental stimulation can contribute to stress and anxiety in dogs.

The great news is that there's lots of scientific evidence to support the incorporation of targeted supplementation into our dogs' diets to support their mood and behaviour.

Let's start by looking at the top fundamental ways you can support your dog's health starting today.



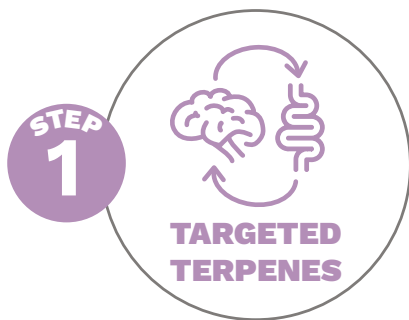
Stress & Anxiety Support Starts Here

Stress and anxiety issues can be complicated and have various causes that affect more than just your pet's health and wellbeing. It's important to identify and address these root causes to fix the problem and improve your pet's overall health, rather than just treating the symptoms.

To best support your canine companion, we have designed a 3-step support strategy to address several underlying causes of stress and anxiety.*



*As a general rule, pet owners should always seek the guidance of their veterinarian as the first step when their pet displays any concerning symptoms. Only a qualified veterinarian can provide a formal diagnosis and recommend appropriate treatment options tailored to the specific needs of your pet.



What are terpenes?

Terpenes are the largest and most diverse group of naturally occurring chemical compounds found in plants and play a major role in the medicinal benefits that many plants provide. The common plant sources of terpenes are tea, thyme, Spanish sage, and citrus fruits (e.g., lemon, orange, mandarin). They contribute to the smell and flavour of plant-based foods. Perhaps one of the best known terpenes is curcumin, which provides anti-inflammatory, antioxidant, antimicrobial and digestive benefits, just to name a few.

Terpenes have a wellness effect by acting on the body's own endocannabinoid system. The endocannabinoid system is widely distributed throughout the body including the brain and central nervous system. It consists of a complex network of cell receptors that work as chemical messengers and which are suggested to play a major role in multiple different health conditions, including anxiety and other mood disorders.

Common wellness effects demonstrated by the addition of terpenes into the diet include improvements in physical aches and pains, decreased muscle tension, a more balanced mood, enhanced calmness, a more regulated appetite, sharper thinking, and improvements in restlessness, anxiety and sleep.

Beneficial terpenes for stress and anxiety in dogs:

Myrcene

Sedative, muscle relaxant, pain-relieving, anti-inflammatory, antioxidant.

D-limonene

Sedative, muscle relaxant, stress-reducing, anti-anxiety, anti-depressant, antispasmodic, immune-stimulant, anti-inflammatory, antioxidant, anti-bacterial, anti-fungal, gastroprotective, neuroprotective.

Linalool

Sedative, anti-anxiety, anti-depressant, mood-stabilising, pain-relieving, anti-inflammatory, antioxidant, anticonvulsant, antimicrobial, neuroprotective.



BACOPA

Throughout history Bacopa has been associated with a variety of health benefits including heightened learning capacity, promoting memory and concentration, and as a nerve tonic for psychological disorders and nervous debility. Human and animal studies have shown that supplementation with Bacopa helps to reduce stress (as shown by reduced cortisol levels), anxiety, depression, irritability, restlessness and hyperactivity.

PASSIONFLOWER

Passionflower has a long history of use in the treatment of hysteria, general nervous agitation, insomnia and nervous gastrointestinal complaints. Passionflower is widely used as a general relaxant. Its activity in the central nervous system has mild sedative and minor pain-relieving qualities, and it is successfully used for a restless and overactive mind.

WITHANIA

Also commonly known as Ashwagandha, Withania is a powerful adaptogen with the ability to support the nervous system, particularly nervous irritability and exhaustion, by its supportive action on the adrenal glands. Traditionally considered a tonic to the nervous system, it has been known to help with cognition and concentration. While it is known to help with overall relaxation, it will not cause sedation.

SKULLCAP

Skullcap has traditionally been used primarily as a nerve tonic and mild sedative. It was also used in the treatment of seizures, epilepsy, hysteria, nervousness, and gastroenteritis. Skullcap is also used for pain and to relax smooth muscle.

RHODIOLA

Rhodiola has been used as a medicinal herb for centuries and is well-regarded for building strength, stamina and vitality. Rhodiola has potent adaptogenic properties and studies have shown it to be beneficial in reducing states of anxiety and depression, while also enhancing learning, concentration, memory and mood. Many animal studies have found the herb to modulate the stress response and have a relaxing effect on the central nervous system.

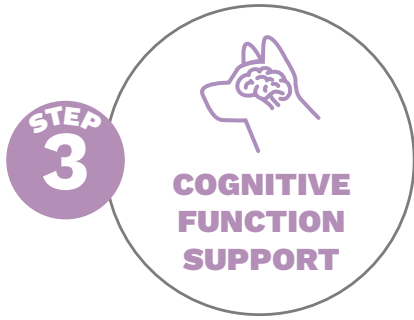
CALIFORNIAN POPPY

Californian Poppy has traditionally been used in Western herbal medicine to calm nerves, promote deep sleep and reduce nervous tension and anxiety.

Benefits of herbal tonics for dogs with stress and anxiety issues

- Support the body in times of stress
- Decrease over-excitability
- Restore restful sleep patterns
- Aid in the relief of gastrointestinal upsets caused by stress
- Provide support during changes to an animal's environment such as travel, moving home, fireworks, renovations, a new pet etc.





Omega-3's for cognitive function support

Omega-3 fatty acids, particularly EPA and DHA derived from marine oils, have been shown to play a significant role in managing stress and anxiety. These essential fats play a critical role in the health of neuronal membranes, significantly enhancing cognitive functions and nerve transmission. This improvement in brain function is vital for modulating stress responses and behaviour, making omega-3s a key component in dietary strategies aimed at reducing anxiety and supporting overall mental health in our dogs. Their influence extends to improving signalling pathways in the brain and regulating neurotransmitters that are essential for calm and focused behaviour.

Here's how omega-3 fatty acids can benefit dogs dealing with stress and anxiety:

- **Neuroprotective Effects:** Omega-3s help protect the brain against oxidative stress and inflammation, which can affect mood and behaviour.
- **Supports Brain Function:** By maintaining cell membrane integrity, omega-3s ensure optimal brain function and neurotransmitter action, which are essential for managing stress responses.
- **Reduces Inflammatory Responses:** Chronic stress can lead to inflammation, which omega-3 fatty acids can effectively reduce, thereby potentially lessening anxiety-related behaviours.
- **Improves Mood Regulation:** Omega-3 fatty acids are involved in producing hormones and neurotransmitters that regulate mood, such as serotonin and dopamine, which can help alleviate symptoms of anxiety in dogs.

Incorporating omega-3 fatty acids into your dog's diet can be a strategic approach to support their overall emotional and cognitive health, helping them cope better with stress and anxiety.

Antinol® Plus

Antinol® Plus is a high-quality omega-3 supplement that not only supports joint health but also cognitive function. It combines New Zealand green-lipped mussel oil and high phospholipid krill oil for potent anti-inflammatory effects.

Inflammation can disrupt neurological function and alter hormonal balances, which significantly impacts mood and behaviour in dogs. This blend is highly absorbable, ensuring effectiveness in inhibiting inflammatory markers.

By supporting brain health Antinol® Plus can foster a balanced mood and work to mitigate the behavioural symptoms of stress and anxiety in dogs.

Relax

A blend of natural plant-based terpenes designed to interact with the body's endocannabinoid system. Used as a daily food supplement, Relax may help to maintain a healthy emotional state in dogs.

Directions for use

As a general guide, provide 1 drop per 2 kg of body weight either given once per day or split across two meals.

Mix drops directly onto food just prior to serving.

Always start with a lower dose than recommended (literally, just start with 1-2 drops) and build up gradually to the full dose over a period of 1-2 weeks. This helps your dog get used to the taste, and some dogs may respond well to a lower dose (yay!)

Do not administer directly into the mouth

Each 30 mL bottle contains approximately 600 drops

Expect to see wellness benefits in 2 to 4 weeks after regular use.

Ingredients

All natural plant terpenes in a vegetable oil base.

Myrcene

D-limonene

Linalool

Caution

Safe use in pregnant and lactating animals has not been established.

Avoid contact with the eyes and nose.

Stop using or reduce intake if you notice undesirable effects such as loose stools.



30 mL oral liquid
[Learn more about this product here](#)

Stress-Ease

A calming formula that may assist in maintaining healthy behaviour in dogs by naturally supporting the central nervous system in times of nervous tension or heightened states of emotion.

Directions for use

20 drops = 1 mL

Body weight	< 15 kg	15 - 30 kg	> 30 kg
Amount in drops	5-10 drops once or twice daily in food	10-20 drops once or twice daily in food	20-30 drops once or twice daily in food
Amount in mL	0.25 – 0.5 mL once or twice daily	0.5 – 1.0 mL once or twice daily	1.0 – 1.5 mL once or twice daily

Ingredients

Bacopa monnieri (Bacopa)
Withania somnifera (Ashwagandha)
Passiflora incarnata (Passionflower)
Scutellaria lateriflora (Skullcap)
Rhodiola rosea (Rhodiola)
Eschscholzia californica (Californian poppy)

Caution

- May have additive effects with medications that have sedative or anxiolytic properties.
- Professional veterinary supervision advised.
- Do not administer during pregnancy and lactation without professional veterinary supervision.
- Withania should be avoided by animals with hyperthyroid disease.



100 mL oral liquid
Learn more about
this product here

Antinol Plus

Antinol® Plus is an all-natural supplement that is changing dogs' lives for the better. Each tiny capsule is made from a patented blend of marine lipid oils that are fully traceable, sustainably sourced and free from preservatives and fillers.

Directions for use

Symptoms

Body weight	Up to 22kg	Over 22kg	Timeframe
Loading Amount	2-4 capsules daily	4 capsules daily	2 weeks
Maintenance Amount	1-2 capsules daily	2 capsules daily	Continual

Wellness

Body weight	Up to 22kg	Over 22kg	Timeframe
Amount	1 capsule	1-2 capsules	Daily / Every other day

Ingredients

Each capsule contains 50 mg of patented marine lipid extract EAB-277:

- 30 mg Perna canaliculus lipid fractions (Green-lipped mussel)
- 20 mg proprietary Euphausia superb (Krill)

Antinol Rapid capsules are not bleached. Fatty acid crystals may appear that look like cloudy sediment; this is normal and does not affect the integrity or performance of the product.

Caution

No known contraindications and able to be used when there is an inability to take traditional NSAIDs.

The safety of this product has not been tested in pregnant and lactating animals.

May contain a minute amount of tropomyosin protein.



Available in 60,
90, 180 and 720
capsules

[Learn more about
this product here](#)



[Book Here](#)

If you are looking for further bespoke support, we offer health consultation services for dogs, designed to meet the varying needs of pet owners and their companions. These consultations are available after a veterinary diagnosis has been provided.

These custom health consultations come with an option to purchase individual tailored herbal tonics. A Custom Blend is the perfect approach to more specifically target your dog's health needs and concerns.

Essential Digestive Health Solutions for Your Dog

For dogs suffering from more severe or chronic gastrointestinal issues we have the Essential Digestive Health Solutions Guide. This free guide helps you learn the indicators of poor digestive health so you can become more informed on how to best care for your canine's gut and overall wellbeing.

Click on the guide on the right to visit the resources page on our website and download the free guide.



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Natural Health for People and Pets



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CanineCeuticals® provides a premium, human-grade supplement range for dogs.

We fuse ancient traditional medicine with the latest scientific evidence to create the most effective health solutions for your pet.

Created by an accredited Clinical Naturopath, Nutritionist and Herbalist, CanineCeuticals® offers a more holistic approach to supporting the core health of your dog to ensure they receive the best health outcome possible.

CanineCeuticals® uses human-grade ingredients (locally sourced in Australia wherever possible) to create pet-friendly oral powders, oral liquids and soft gel capsules.

We believe that good health starts from the inside out, which is why we provide full support for your dog's foundational health across all life stages.

Our range of products targets everything from allergy support to digestive health, joint health, emotional wellbeing, immune support, general health and wellness, nutritional support, and even liquid herbal solutions. With our full ingredient transparency, you can rest assured that your pet is getting the best possible care.



*References available on request



Narelle Cooke, accredited Clinical Naturopath, Nutritionist and Herbalist - Founder of CanineCeuticals®

I created CanineCeuticals® out of a deep passion for the health and wellbeing of our pets.

As a devoted pet parent to three French Bulldogs, a Rottweiler, and a Burmese cat, I wanted nothing more than to see my own animals live their happiest, healthiest, and longest lives.

But like many pet owners, I became increasingly frustrated and disheartened by the quality of products on the market. Too often, they were made with substandard ingredients and packed with artificial colours, flavours, and preservatives - additives that don't serve our pets' long-term health or vitality.

And so, CanineCeuticals® was born - a brand built on integrity, transparency, and a genuine commitment to helping our pets thrive.



Healthcare that
you would expect
for yourself.

