

# Separation Anxiety



Separation anxiety can be a challenging issue for pets and pet parents alike, especially as routines shift and we spend more time away from home. By implementing these recommendations, you can provide your furry friend with the support and comfort they need to thrive, even when you're not at home.



## Establish a Consistent Routine

Maintaining a predictable daily schedule can help your pet feel secure and reduce anxiety. Set regular feeding times, walks, play sessions, and alone time, keeping them consistent even on weekends or days off. This routine provides structure and stability, helping your pet adjust to periods of separation more easily.



## Create a Safe Space

Designate a comfortable area in your home where your pet can retreat when you're not around. This could be a cozy bed, a favorite blanket, or a quiet corner with their toys and familiar scents. Encourage your pet to spend time in this space while you're home, so they associate it with feelings of safety and comfort.



## Practice Gradual Departures

Help your pet become accustomed to your absence by practicing short departures and gradually increasing the duration over time. Start by leaving for just a few minutes and gradually extend the time as your pet becomes more comfortable. Use positive reinforcement, such as treats or toys, to reward calm behavior when you return.



## Provide Mental Stimulation

Keep your pet's mind engaged and occupied while you're away by providing enrichment activities and toys. Puzzle feeders, interactive toys, and treat-dispensing devices can help alleviate boredom and prevent destructive behaviors caused by anxiety.



## Seek Professional Guidance From Airvet

If your pet's separation anxiety persists or worsens despite your efforts, don't hesitate to seek help from a veterinarian or animal behaviorist. They can offer personalized recommendations and behavior modification techniques to address your pet's specific needs and support their emotional well-being.

# Journal

Track the progress of your pet each week using the journal below.

Date: \_\_\_/\_\_\_/\_\_\_

Pet's Name: \_\_\_\_\_

Rank your pet's behavior on a scale of 1 to 5 with "1" being desirable behavior and "5" being completely undesirable behavior. In the adjacent column, check the box if training was performed.

Day of the Week	Training	Destructive Behavior	Excessive Barking or Whining	Inappropriate Elimination or Urination	Excessive Salivation	Other
Sunday	<input type="checkbox"/>					
Monday	<input type="checkbox"/>					
Tuesday	<input type="checkbox"/>					
Wednesday	<input type="checkbox"/>					
Thursday	<input type="checkbox"/>					
Friday	<input type="checkbox"/>					
Saturday	<input type="checkbox"/>					

Notes:

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It's important to know that some pets may show improvement within 1 to 2 weeks of starting treatment and training. However, others may take as long as 8 weeks to show improvement.