



# HAPPY HOME ALONE WORKBOOK

**BODY LANGUAGE & STRESS SIGNALS**

WITH  
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Dogs are naturally very stoic creatures, however they do have some classic signs of stress and not all of them are obvious! How many times in our sessions with clients do we hear "oh wow! I had no idea that was a sign of stress! I just figured he was bad/angry/spiteful/stubborn!"

Learning about the common signs of stress and anxiety in dogs will give you an opportunity to keep them under threshold and at their best for optimal learning!

Some of the more common stress signals that you will see are listed below: The column on the left is a list of behaviours that you might see as you start getting ready. The list on the right is a list of behaviours that you might see once your dog is alone.

- |                              |                                   |
|------------------------------|-----------------------------------|
| • Hyper-vigilance            | • Anorexia (food avoidance)       |
| • Shadowing                  | • Scratching at exit points       |
| • Lip-licking                | • Vocalizations (whine/bark/howl) |
| • Yawning                    | • Destruction                     |
| • Lowered head               | • Repetitive behaviours           |
| • Trembling / shaking        | • Increased grooming              |
| • Lifted paw                 | • Urination / defecation          |
| • Lowered ears               | • Self-harm                       |
| • Walking slowly or freezing | • Escaping (or attempts)          |
| • Panting                    | • Drooling                        |

This is not an exhaustive list, however these are the most common signs that we see. Every dog is an individual and will exhibit signs of stress differently from the next dog, so we have to observe our own dog and get to know them!

## YOUR TURN!

Observe your dog during a short (safe) assessment and list the behaviours that you see while you're getting ready to leave and again once you have left.