



Stress Relief Products for Cats and Dogs

Pets can suffer from phobias, anxiety and stress just like humans. While there is no substitute for a structured training plan with a Professional Dog Trainer or Behaviorist, there are a wide variety of products available to help reduce your pet's anxiety during potentially stressful events such as boarding, grooming, thunderstorms or travel. Every pet is a unique individual so one product may work when another does not. Always be sure to follow the instructions on the package and try a new product for at least two weeks (unless otherwise indicated) before deciding if it is an effective product for your pet.

Calming Products

- **Thundershirt** – The shirt delivers constant, gentle pressure to create a dramatic calming effect. The shirt is ideal for fear and anxiety relief from thunder, fireworks, separation anxiety and travel. Thundershirts are available in the Humane Society Re-Tail store, pet stores and at thundershirt.com.
- **DAP (Dog Artificial Pheromone) and Feliway Products** by Sentry, Ceva or Comfort Zone – These products use pheromone technology to help ease anxiety associated with a variety of situations including boarding, grooming, loud noises, traveling and more. Curb common behavior issues such as separation anxiety, excessive barking, inappropriate marking or litter box use, destructive behaviors and more. These products typically come in a spray, diffuser or collar for your pet to wear and can be found online at amazon.com, pet stores or other online retailers.
- **Rescue Remedy** by Bach Pet – This product can be added to your pet's drinking water or administered orally. Rescue Remedy can be found at the Good Food Store, other natural grocery stores and pet stores.
- **Composure chews** by Vetri-Science Laboratories – These chews are marketed for dogs that are exhibiting nervousness, anxiety, hyperactivity or those undergoing environmental stressors such as moving or boarding. They can be found online at amazon.com or other online retailers.
- **Other products** – There are a wide array of supplements, aromatherapy sprays and other products on the market. Be sure to read the ingredients and consult your veterinarian when considering the use of these or other products with your own pet.

We Can Help! The Training and Behavior Department at the Humane Society of Western Montana has a variety of resources available to help you and your pets live in harmony. The Humane Society has several dog trainers and a behaviorist on staff to provide affordable group and private training lessons and free behavior consultations.

- Contact Jean, our Animal Behaviorist for a free pet behavior consultation by emailing behavior@myhswm.org or calling the Behavior Helpline at (406) 549-9295.
- Contact Mariah, a Certified Professional Dog Trainer, to inquire about private lessons or a group training class. Email outreach@myhswm.org or call (406) 549-HSWM.

- Check out our website at www.myhswm.org for a complete listing of dog classes, rates and additional information.

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