



# SEPARATION ANXIETY

## HOW TO HELP PETS COPE

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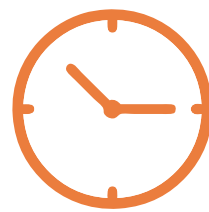
Separation anxiety can be triggered by changes in routine, moving to a new residence, being abandoned or surrendered for adoption, or changes in household membership due to life events such as divorce, the death of a family member, or an adult child moving out of the home.

### PREVENTING PROBLEMS

Even if your pet has not experienced separation anxiety in the past, it is important to prepare them for upcoming changes like returning to the office or leaving for vacation.



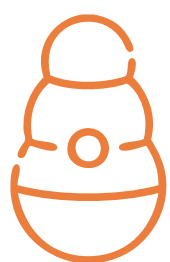
Break up your routine. Try not to follow the exact same sequence every time you leave so your pet is less likely to anticipate your next move.



Gradually increase the amount of time you're away. This will avoid an abrupt shift from being with your pet 24/7 to being gone for 9-10 hours at one time.



Keep arrivals and departures calm. Don't make a big deal of your comings and goings. Extended goodbyes and very excited homecomings only increase separation anxiety.



Keep your pet busy. Provide mentally stimulating toys like puzzle feeders when your pet will be alone. Some pets even enjoy having music or the television on while you are gone.

For additional information, visit [vbspca.com/separation-anxiety](https://vbspca.com/separation-anxiety).  
If your pet is suffering with severe anxiety, contact your veterinarian.