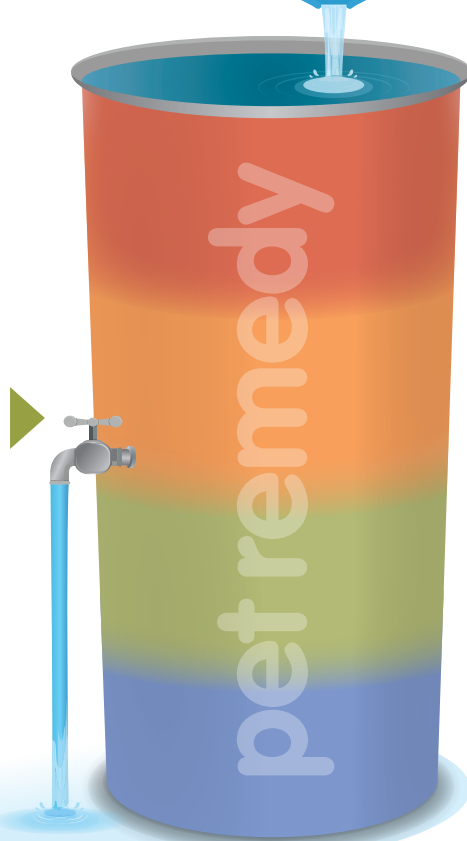


THE STRESS BUCKET ANALOGY

Lots can fill the dog's bucket such as lack of sleep, stress, bad nutrition, physical ailments, travelling, being left home alone, trauma, over-excitement to name but a few. If the bucket gets too full, the dog's ability to learn and to cope may be affected.

There are also things we can do to reduce the load in the bucket, such as ensuring good quality sleep, engaging in play and games that the dog enjoys, supporting the dog to feel safe, a good diet, providing relief for any physical or emotional discomfort, enrichment, and the addition of a product like **pet remedy**



pet remedy natural calming & emotional wellbeing

BUCKET FULL OR OVERFLOWING

The dog is likely to be feeling overwhelmed and shows signs of dysregulation. No learning can take place and the dog is likely to be unable to connect to the owner. The dog needs relief and support urgently to allow time to decompress.

OVERSTIMULATED & ELEVATED

The dog is likely to start to struggle at this point and cope less well. Their ability to learn may be compromised along with their ability to respond to the requests of owners. Stopping activities and offering some down time may be helpful.

STIMULATED & COPING WELL

This is the optimal place to be for feeling motivated and to allow for good learning and performance.

RELAXED & WELL REGULATED

This is important to aid proper rest and recuperation.

Developed from an idea by Brabban and Turkington (2002)

The Four F's

The more that is in the bucket, the more likely the animal is to give a stress related, automatic response. These fall under four categories:



FIGHT: Barking, lunging, growling, biting

FLIGHT: Moving away, bolting, trying to add social distance

FREEZE: Shuts down, stillness, slow to no movement

FUN/FOOL AROUND: Jumping up, excessive licking, being 'silly', over excited, frantic or boisterous play



If the dog is exhibiting these behaviours they are likely to need support and the chance to decompress and find safety. If they keep responding in this way in certain situations, they will need kind, supportive training to help them to cope better in the future. Never punish dogs for their behaviour; Their behaviour is the only thing they have to communicate to you how well, or not, they are coping. Most 'problem' behaviours are just a dog trying to communicate they are struggling to cope. Always get your dog checked by the vet as there may be an underlying physical reason why they are struggling.