



Tips for Managing the Stress of the Holiday Season With Your Pet

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Ahh, the holidays—a time of joy, family, and festive celebrations. But for our furry friends, the changes in routine and increased excitement can be a source of stress. Let's chat about some ways to help pets manage the stress of the holiday season so your furry companions hopefully enjoy the festivities as much as you do.

Understanding Pet Anxiety

Pet anxiety can be caused by many things including separation, loud noises, changes in routine, new environments, social interactions, and more. Common signs include excessive barking or meowing, destructive behavior, pacing, and inappropriate elimination.

Holiday Challenges for Pets

The holidays bring unique challenges for our furry companions. Disruptions in daily routines, such as changes in feeding and exercise schedules, can cause stress. Increased noise levels and excitement from holiday gatherings can also be overwhelming. Unfamiliar faces and environments, like visiting relatives or holiday decorations, can add to the anxiety. Additionally, changes in exercise and play time due to colder weather or busy schedules can leave pets feeling restless and uneasy.

Practical Tips to Help Pets Enjoy the Holiday Season

- **Maintain Consistent Mealtimes**

Create a quiet place for pets to enjoy their meals away from all the hustle and bustle of holiday parties or visitors. Adhere to a regular feeding schedule as much as possible throughout the holiday season and avoid feeding them table scraps. Following the NUTRO feeding guidelines and limiting treats will ensure that your pet gets the right amount of nutrient-rich food to support whole body health, which is vital.

- **Establish a Safe & Quiet Retreat**

Providing a comfortable and secure space, like a cozy bed or crate for dogs and a quiet, elevated perch for cats, can help your pets feel safe amidst the chaos. Gradually introduce holiday changes, such as decorations or new people, to give your pets time to adjust and feel more at ease with the evolving environment.

- **Keep Them Physically and Mentally Active**

Ensure your pet receives adequate physical and mental stimulation through play and exercise. Make sure to take your pets on a leisure walk or engaging play session each day. Consistent activity can help tire them out, making it easier for them to relax and help maintain your pet's overall well-being.

- **Engage in Calming Activities**

Engaging in soothing activities with your pets, such as gentle brushing or calm petting, can

be relaxing for your pet and can help strengthen the bond between you and them.

Always consult your veterinarian if your pet's behavior changes. They can provide personalized advice and strategies to help your pet cope with the holiday season.

By understanding how you can support your pet's well-being during the holidays, you can ensure that your furry friends enjoy the festivities as much as you do. With a little planning and care, you can create a joyful holiday season for the whole family, including your beloved pets.

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