Take a look at the long list below, and you may not be surprised that many signs of anxiety and fear in dogs or cats are commonly overlooked. Repeated episodes of fear can result in your pet experiencing unnecessary stress and, thus, a reduced quality of life. If you notice any of these signs frequently, schedule a visit with your veterinarian to help determine the cause, and learn how to lessen and eventually prevent future episodes.

**Avoiding eye contact**
- Barking
- Biting
- Blinking, squinting
- Clinging to owner
- Cowering
- Defecation
- Dilated pupils
- Dribbling urine/submissive urination
- Ears lowered or flattened
- Freezing or walking slowly
- Furrowed brows
- Growling
- Hardened eyes (direct stare with pupils dilated)
- Hiding
- Hissing
- Hypersalivation
- Hypervigilance
- Jumping and startling easy at slight changes—hyperalert state
- Licking lips
- Lifting one paw

**Lip curling**
- Mouth closed tightly or pulled back
- Mouth pursed forward
- Mouthing
- Nails extended
- Nipping
- Pacing
- Panting
- Piloerection (raised hair)
- Rigid forward stance
- Running off
- Screaming
- Self-grooming (scratching, licking self)
- “Shaking off”
- Shedding
- Slow-motion moving
- Snapping
- Sniffing/appearing distracted
- Staring
- “Sweaty” paws
- Tail tucked

**Taking treats harder than usual,**
- being pickier with treats, or not taking treats at all even if hungry
- Trembling
- Turning away (C-shape)
- Turning head
- Whining
- Whiskers erected
- Wide-eyed/sclera showing
- Will not settle down and rest, or will for a moment but back up and moving again
- Won’t accept treats
- Yawning

Take note of these signs to save your pet from stress.