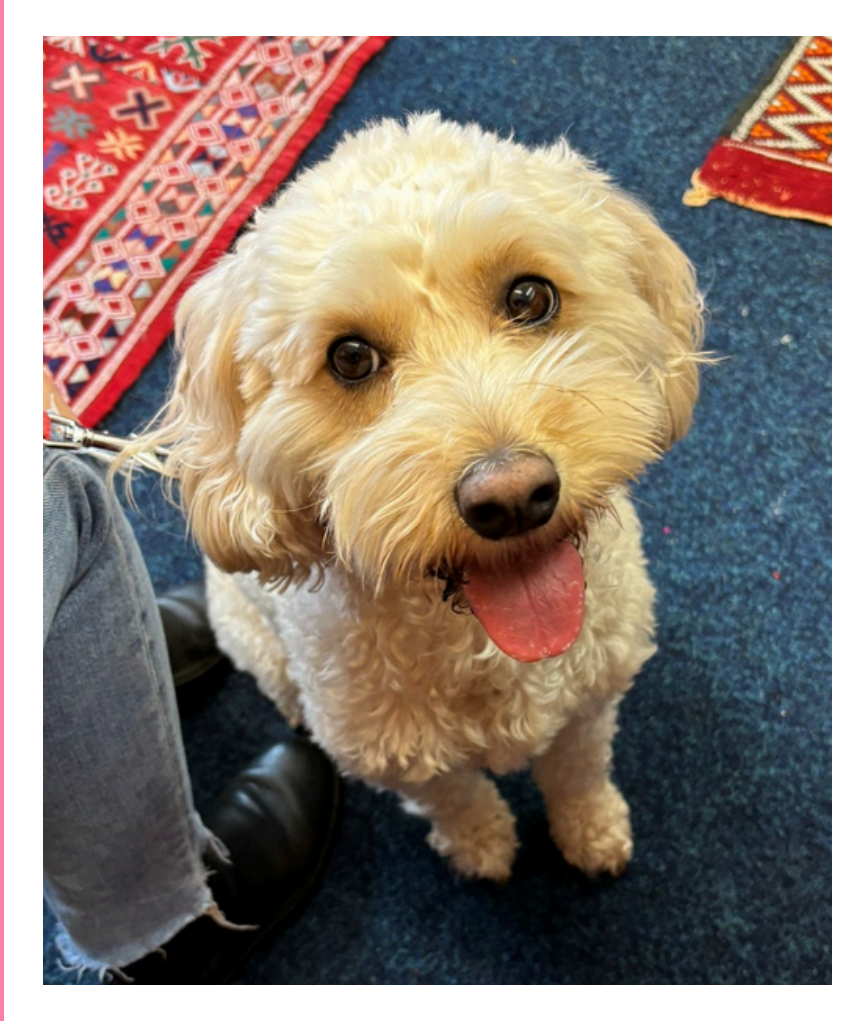


LEARN ABOUT IZZY'S STRESS RESPONSES



MEET IZZY THE LABRADOODLE

She is a happy dog but sometimes things stress her out and she gets upset, like seeing another dog run at her...

Learn the 4 ways Izzy might react when she is stressed

1. She could either fight off the threat
2. She could freeze and not know what to do
3. She could try to make friends with the threat
4. Or she could run as fast she can from the threat

Each one of these reactions is called a stress response.

IF IZZY WAS TO FIGHT THE THREAT:

- She might lash out or stand up to the threat
- She might bark (in human terms shout NO)
- She might get upset and cry
- She might make the situation worse by teasing the threat
- Her body might get all tense



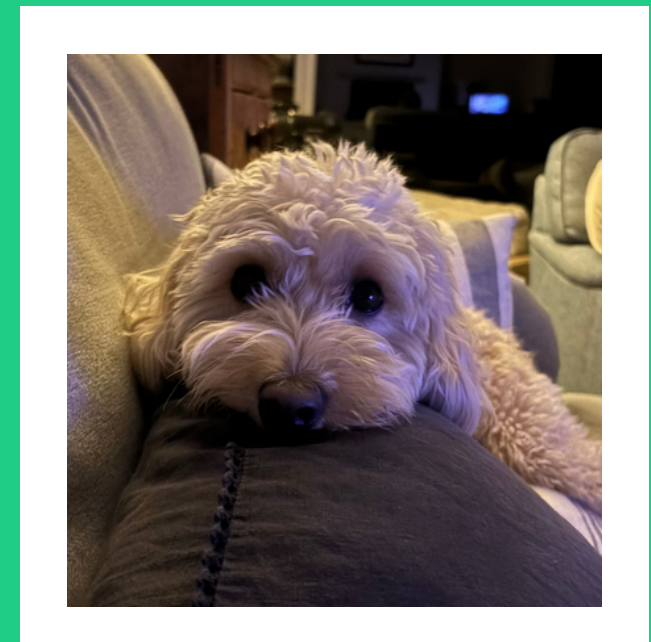
IF IZZY WAS TO FREEZE AT THE SIGHT OF A THREAT SHE MIGHT:

- Be withdrawn and quiet and hide behind her owner
- Hold her breath and feel tense
- Feel unable to move when threatened
- Her mind might go blank and the fear might take over



IF IZZY WAS GOING TO TRY TO MAKE FRIENDS WITH THE THREAT THIS WOULD BE CALLED A FAWN STRESS RESPONSE, THIS IS WHEN SHE MIGHT:

- See a scary bigger dog and try to befriend it so it doesn't pick on her
- She might try to please everyone so no one gets upset
- She might like to avoid causing anyone to be upset
- She probably won't stand up for herself because she is scared of what may happen



IF IZZY WAS TO RUN AWAY FROM THE THREAT THIS WOULD BE CALLED A FLIGHT STRESS RESPONSE, SHE MIGHT:

- Run away as fast as she can from the threat not caring if there are any cars in the way
- She might always want to know how to escape a situation
- She might be quick to scare and immediately want to run



Everyone has a stress response like Izzy, it is normal to react to a threat but if she becomes too stressed too often, she could get stuck in one of these stress responses, which would make her behaviour not so good. For example, if Izzy always tried to please people and had the fawn stress response, that means other dogs and people might take advantage of her.

Which stress response do you do?

Do you fight, flight (run), fawn (please the threat) or freeze?

