

Music and Stress

Stress is a very big problem in the kennel environment. Stress is a major factor in weight loss, stress colitis, lowered immune systems and kennel syndrome. But this very same stress can be found in the home environment. Some of the ways you can help are: provide toys, daily walks, training behaviors, (tricks, basic commands, advanced commands), daily brushing, (grooming if enjoyed by the dog) and food toys. Besides the dogs being walked every day, and trained three to four times a week, music will help lower the stress levels substantially. Carefully selected music can help the dogs relax.

Hard Rock, Rap and R & B can all raise the stress levels and cause increased pacing, jumping, vocalization, and in turn heighten stress levels. Classical Music however has been shown in case studies (Wells, Graham & Hepper published in Animal Welfare Vol. 11, No. 4) to cause the animals to rest more, vocalize less, and therefore reduce stress!

How about turning on a classical Station when you have a stressful or long day. It will help both of you relax. Or turn it on when you leave or set the radio on a timer. (This can be done inside or outside) I alternate between leaving the TV on one day and the stereo on the next. There are classical CD's made for dogs and cats alike.

Along with rotating toys, walks, cars rides, training programs and music, you are doing the best you can to alleviate stress and boredom in your pet.