

'Can CBD Oil Calm your Dog's Anxiety? Here's What You Need to Know.'



Source: Unsplash

Does your dog whimper when you leave? Is it panting, barking, or whining when hearing loud noises like fireworks or thunder? If so, your dog is likely suffering from anxiety. Yes, just like humans, dogs experience anxiety too.

What is dog anxiety?

Anxiety can affect all dog breeds, but each dog is affected differently. It can appear when your dog experiences distress under certain situations such as going to the vet, being exposed to a new environment or being left alone. It also affects rescue dogs suffering from post-traumatic syndrome.

Before we list down the signs your dog has anxiety, you need to know the underlying causes of dog anxiety so that you can better treat your dog.

What causes anxiety in dogs?

Anxiety in dogs is caused by a number of factors, the most common of which can manifest in a variety of ways, including:

1. Separation- Separation anxiety occurs when dogs exhibit excessive distress when left alone by their favourite people, according to canadianveterinarians.net. Separation anxiety is the most common anxiety in dogs, causing them to bark, howl, whine, and pant. Shaking, pulled-back ears, salivation, and complete inhibition are also symptoms of separation anxiety.

2. Fear- According to the [Merck Veterinary Manual](#), loud noises, strange people or animals, visual stimuli, going to a specific location such as a veterinary clinic or simply leaving the house, car rides, and many other things can cause fear-related anxiety

3. Aging- Age-related anxiety is common in older dogs. As your dog ages, [it suffers a decline in functioning also known as cognitive dysfunction \(CDS\)](#). Noise sensitivity in aging dogs due to hearing loss can also make them more anxious and vocal.

Signs of anxiety in dogs

Since your dog cannot express how it feels, you must be aware of the signs of anxiety in dogs to help them cope. Anxiety symptoms in dogs can differ depending on their severity or the underlying cause. However, the simplest way to tell is to observe their body language.

There are some important symptoms to look out for, such as:

- Excessive barking
- [Aggression](#)
- Urinating or defecating in the house
- Drooling
- Panting
- Destructive behaviour
- Depression
- Pacing
- Restlessness
- Repetitive or compulsive behaviours
- Shaking or trembling
- Ears back /tail tucked
- Digging or trying to escape enclosures

Observe your dog's behaviours and see if they reoccur. If your pet exhibits these behaviours only occasionally, such as suddenly chewing on furniture, it could be because your dog is just bored or lacks exercise.

According to American Kennel Club, the most dangerous symptom of dog anxiety is aggression. Aggression is defined as hostile or destructive behaviour toward an individual or another animal. When your dog growls or barks, it is in an aggressive state, leading to an unfavourable situation.

Destructive behaviour, on the other hand, is common with separation anxiety. Dogs that show destructive behaviour is at risk of harming themselves. The signs include breaking out of dog crates, windows, and even doors, resulting in injuries.

How to treat dog anxiety?

The best way to treat problems in your dog is to consult with your trusted veterinarian. If you notice a consistent occurrence of the symptoms, the veterinarian can assist you in determining the possible causes of your dog's anxiety. Dogs may exhibit signs of stress when they are ill, so a trip to the vet is still advised.

Since anxiety is caused by various factors, the best way to treat it is through training, preventive strategies, and medications. Some pet owners claim that a natural product called [CBD oil](#) significantly reduced their dog's anxiety.

If your veterinarian agrees that anxiety is the cause of your dog's behaviour, you can help your dog relax by doing the following:

-Give them [treats/toys](#)- Licking is a relaxing activity for dogs, keeping them occupied.

-Distract them using behaviour commands- to distract your dog when they are anxious so that they can focus on working on the trained behaviours like sit, crawl, and jump rather than what's causing them anxiety.

-Cuddle or massage them- Contrary to older methods that say patting and comforting the animal is not advised to treating anxiety to avoid "reinforcing" the behaviour, there's new thinking that you should comfort and touch your pets like you would your children. Ear and forehead massages can help your dog relax and ease tension.

-Give them safe spaces- Make a relaxing area for your dog by placing a mat or blanket in a specific location. Reward your dog for relaxing behaviour on the mat to help your dog associate it with relaxation. The mat will provide a safe haven for your dog when you are not around or going to a veterinary clinic.

Doggy daycare can help too for pets with separation anxiety. You can also ask your friend or family members to look out for your dog when you need to leave.

Anxiety medications for dogs

There are medications or natural therapies that can be prescribed if your dog develops a severe anxiety disorder. The Merck Veterinary Manual states some natural products work best together with other medicines. Talk to your veterinarian about the natural products recommended for your dog.

How do CBD Supplements help dogs with anxiety

There are success stories from different dog owners about using CBD oil to treat their dog's anxiety. CBD (cannabidiol) has become a commodity not only for humans looking to relax but for dogs too. CBD is a compound found in cannabis and hemp, and according to [research](#), it helps manage anxiety by changing the brain's receptor response to serotonin. CBD oil supplements are from industrial hemp (Sativa) plants with high levels of CBD.

Will CBD make your dog high?

Though CBD comes from cannabis, CBD products contain almost no THC (tetrahydrocannabinol), the psychoactive compound that produces the "high" effect in marijuana. THC in marijuana can be toxic to dogs, but CBD is safe. Just make sure that the CBD you will give to your dog has 0.3 percent or less THC.

Conclusion

It's hard for pet parents to see their dogs suffer from stress and anxiety. Although not all dogs' anxiety leads to severe anxiety disorders, it's still important to know the root cause, the symptoms, and the options available for treating its anxiety. In this way, you'll be able to help them calm down and relax. Once you know the root cause of your dog's anxiety, it's better to make an action plan to treat its anxiety to avoid it reaching dangerous levels.

While there's no definitive data on using CBD to treat dogs, some pet owners suggest it can treat their dog's anxiety. If you're considering using [CBD oil](#) to treat your dog's anxiety, consult your veterinarian to find the correct dose.