

Understanding Your Cat

It is sometimes difficult to recognise when your cat may be stressed, especially if it seems that he or she leads a life of bliss. Factors in the household or neighbourhood which humans may not find stressful can trigger stress responses in cats that can then progress to stress-related illnesses.

Signs of stress in cats can include:¹



Here are some simple tips to help you understand your cat and minimise stress in your feline friend:

Accentuate The Positive



Let your house give the negative feedback by making those scratchable surfaces less appealing.

Cats aren't so great at picking up on social cues. So yelling at them for scratching the couch or clawing at the carpet won't teach them to stop, but rather turn you into an object of fear and stress for your feline friend.

INSIDER TIP: Put double-sided tape on the corner of your couch or other popular scratching furniture.

Eliminate Scary Surroundings



The big appliances in your house may be convenient for you, but they can often turn your feisty feline into a scared-y cat.

Avoid keeping food or litter trays near loud household appliances. Put those bowls and trays in quiet, calm places that they can easily escape from if they feel threatened.

Save The Belly Rubs For Someone Else



Ever tried to go in for the belly rub only to get bitten?

That's because cats' stomachs are their most vulnerable body part and when you rub it they feel violated.

Even if your cat is exposing its belly, resist the urge to rub – it's an act of trust, not an invitation to touch.

Let them guide the interaction – if they're rubbing a certain part of their body on yours, it's probably safe to pet.

Remember – Your Cat Cares

Your cat loves you, even if they have a funny way of showing it, and it's important that you show them you love them back.

Play at their pace - move laser pointers or feather on a string type toys at a natural pace – and let your cat win once in a while.



Create rituals for coming and going.

INSIDER TIP: Show them some love before you leave the house. For example, rubbing under the chin is a great way to say good bye.