The Happy Dog Training Academy

Calm An Over Stimulated Dog.

**How to Calm Overstimulated Dogs**

1. Be sure to proactively reward your dog either by treats or a toy, getting your dog’s attention when they have become over stimulated won’t be easy. You need to get the attention before the behaviour becomes too much for the dog to handle. Your looking to give your rewards for naturally giving you good behaviours. Don’t fall into the mistake of only reacting and giving attention when your dog does inappropriate things. That’s a good way for them to learn inappropriate behaviours as it gets the dog just what their looking for, the bad behaviour gets them attention. And any attention, good or bad is still attention though you’re not happy with them, shouting, getting upset scolding the dog, it is attention!
2. Practice hyping your dog up in play, so you can practice calming into behaviours like sit and down. When your dog naturally hypes up, they now have had practice calming down and will be able to comply to your request easier.
3. Practice a conditioned relaxation exercise. Like sit or down with some of your dog treats and reward any behaviour your dog makes on their own to become slightly calmer. You won’t ask your dog to do anything specific. Rather, just wait for them to become more relaxed. Maybe they decided to finally sit or remain still for 5 seconds. If your dog decides to move into a less relaxed state, no biggie, just ignore it and wait for the next calm behaviour. We want your dogs to make these decisions on their own. As with all our exercises begin in the home, once your getting your dog’s attention with the index finger and the dog looking at you in a calming manner reward. Then we can move the exercise to the garden and finally out on walks. But don’t set your dog up to fail, begin on walks where there are less distractions.
4. At home, Consider crating or rest times in a different room than your workstation. Play some soothing music to try to drown out the noise you might be making. Or take walks or run errands for about an hour while your dog stays at home completely alone without you as a distraction.
5. Practice “leave it” for everyday household items and toys that might be enticing for your pet when playing. When out for a walk, practice having your dog sit and calm down BEFORE they have the chance to escalate into overstimulation and bite mode.

A dog that’s spinning in circles, jumping up and down, or barking and yapping, chasing shadows is not a happy dog. These are all signs of over-excitement. The dog has excess energy, and the only way her brain knows how to deal with it is to work it off physically. Have a look at your dog’s food, dog food that is high in protein can make your dog hypo and over stimulate them, they will need to work it off. As a starting point most dogs wont need much more than about 20% protein in their daily diet.

Unfortunately, people often interpret these signs as happiness. Many also tend to think that it’s cute when a dog acts like this, and wind up unknowingly encouraging the behaviour. Curb your dog’s excitement and you’ll be preventing misbehaviours in the future, including aggression. An excited dog is not happy. A calm dog is. Here are six steps to take to get your dog from being constantly over-excited to be calm, submissive, and happy.

**1, Don’t Encourage Excitement**

The most important thing to remember when your dog approaches you with [**excitement**](https://www.cesarsway.com/a-day-at-the-beach-controlling-your-dogs-excitement/) is that what you do will determine whether such behaviour becomes more or less frequent. The worst thing you can do is give affection or attention to an excited dog. This is just telling them that you like what they’re doing. A dog soon learns that being excited gets a reward, so they will keep doing it. The best way to react to an excited dog is to ignore it. Use no touch, no talk, no eye contact. If she tries to jump on you, turn away, but don’t push them back down, pushing them down just gets the attention there looking for, if you need to walk away into another room and close the door, then return. Once the dog is calm and sitting, then you can show attention, but don’t go overboard, or you will find the dog back into excited mode.

**Encourage Calm Behaviour**

This is the flip side of the first tip. When your dog is in a calm, submissive state, then you can give affection and attention, which will reinforce that state. If your dog is treat motivated, then reward his behaviour when he is calm. Through a combination of ignoring excited behaviour and rewarding calm behaviour, you will help your dog to move into the calmer state naturally and instinctively.

**Wear Your Dog Out**

Of course, it’s easier to keep your dog from being over-excited if she doesn’t have the energy to do it in the first place, which is why the walk is so important. It provides directed exercise and channels your dog’s excess energy while draining it. Just letting your dog out in the yard to run around and do her business is not the right kind of exercise. In fact, this kind of activity can often leave her more excited when it’s over and not less. One thing you can do to give your dog more work, is a few times each week, is scatter some kibble onto the lawn and allow your dog to mimic natural behaviour and forage for food, 20 minutes of this natural behaviour is equivalent to a 45 min walk. The purpose of walking your dog is not just so your dog can do her business and come home. It mimics the movement of the pack on a mission together to find food, water, and shelter. This helps your dog stay connected to her primal instincts, stay focused on moving forward, and drain her excess energy. The return home where the food, water, and shelter are becomes the reward for going on the excursion with the pack. By bringing your dog home with excess energy drained through exercise, she will associate her feeling of calm with this reward.

**Providing an Outlet, With Limitations**

Keeping your dog’s mind stimulated can also help reduce excess energy. This is when playtime comes in. Things like playing fetch, having your dog search for a hidden treat, or running him through an obstacle course are all good ways to stimulate his mind and drain his energy. The key here is that you control the length and intensity of the activity. That’s where “limitations” come in. If your dog is getting too excited, then the game ends. This is a gentle sort of negative reinforcement. While rewarding calm behaviour tells your dog, “When I settle down, I get a treat,” creating limitations tells your dog, “If I get too crazy, the treat goes away.”

**Engage Their Nose**

Since a dog’s primary sense organ is her nose, capturing her sense of smell can have a calming effect. Scents like lavender and vanilla can help calm your dog down, especially if you associate them with times when the dog is calm, like having a scented air freshener near her bed. Be sure that your dog doesn’t have any allergies to particular scents and ask your veterinarian for recommendations on the scents that work best at calming dogs down.

**Calm Yourself**

Most importantly, your dog cannot be calm if you aren’t, so [**you need to check your own energy**](https://www.cesarsway.com/?p=3120). When you have to correct your dog, how do you do it? Can you stop their unwanted behaviour with just a nudge or a quiet word, or do you tend to shout “No” at him over and over? If you’re in the second category, then you’re contributing to your dog’s excitement. The only time it’s necessary to correct a dog with a loud sound is to snap them out of a dangerous action; for example, if he’s about to run into traffic. But you should only need that one short, sharp sound to distract your dog and get his attention. Here’s an image to keep in mind: two soldiers in the woods. They’ve come to a clearing and see the enemy ahead. One of them starts to move forward. How does the other soldier stop this? **Not by yelling.** You’ve probably already pictured the move in your mind, an arm across the chest or a hand on the shoulder, without saying a word. Dogs are hunters, so they have an instinctive understanding of this kind of correction. If the group came up on a deer in a clearing and the Pack Leader barked to tell them to stop, the deer would be long gone and none of them would eat. The leaders stops the pack with nothing but their energy and body language.

If your dog is naturally high in energy and excitable, it can take a while to see results with these techniques. The important part is that you remain consistent in using them and don’t give up. Chances are that your dog didn’t become a hyperactive mess overnight, so you’re not going to undo it overnight. But you’ll be surprised how quickly you’ll start to see a change once you commit. Consistency is the key to success.

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Introduction to Aromatherapy for Dogs

**Aromatherapy** has become very trendy in recent years, many people have been using them, some even swear by there properties and benefits, for its holistic approach to relaxation, anxiety relief and general wellbeing. Over more recent years more and more people and vets have started using the oils on canine companions, too! So, although I personally have never used them, I thought it may be useful as a behaviourist to at least look into the properties results and give advice on how to use them and the best ones my research has found. Just remember to use oils that are safe for dogs and dilute them with a carrier oil like coconut or jojoba.

Lavender, chamomile, rosemary, and peppermint are all good calming scents. However, we must be careful, dogs have very highly sensitive noses and oils can be overwhelming for them if not diluted properly. Well guess I should say at this point, **consult with a vet** first to make sure the quantity and application are right for your dog’s age, health status and breed. Not that many vets know too much about Aromatherapy.

We can learn from our forefathers too. In recent times, Franciscan Monks created balm with lavender, marjoram, peppermint and rose. So, there may be something in the historical use of these oils that can help our four-legged friends today. Aromatherapy is a great way to give your pup a chill-out session and help them relax.

**Calming Scents for Dogs**

Let’s see if we can help soothe your furry friend. Using aromatherapy with certain calming scents. In this section on calming scents for dogs using aromatherapy, we’ll introduce you to five essential oils that can be helpful. These oils include Lavender Oil, Chamomile Oil, Vetiver Oil, Frankincense Oil, and Bergamot Oil.

**Lavender’s Calming Benefits!** Lavender is a great oil with calming properties. Its scent can help **dogs relax** during tough times, such as stormy weather, fireworks, or feeling lonely. It can also reduce hyperactivity and aid in better sleep. Diffuse it around your pet’s sleeping area or apply it to their collar or bedding. Use only high-quality, diluted essential oils in small quantities. Most dogs are safe when using lavender but watch out for signs of discomfort or irritation. Make a **Safe Haven for Your Furry Friend!**

Turn your home into a sanctuary and use calming scents, like lavender, to soothe their minds. Incorporate this natural remedy into their daily routine to avoid excessive barking, chewing or destructive behaviour caused by stress. You’ll be improving your pet’s quality of life!

**Chamomile Oil.** This essence is from a flower that’s been around for centuries. It’s called **chamomile oil**. It’s known for its calming effects on dogs. It’s also popular in pet products since it reduces stress, anxiety, and promotes relaxation. **Chamomile oil** has compounds which give it its smell and therapeutic properties. It can be put on the skin or eaten. But always talk to your vet first. When used on skin, it can help with itchiness and inflammation thanks to its anti-inflammatory powers. Some dogs may have allergies or be sensitive to chamomile oil. So, start with small amounts and mix it with carrier oils like Coconut or Olive oil.Chamomile has been used for medicinal purposes since ancient times. Greek physicians valued its calming properties. You can use it in **aromatherapy and skincare formulations**. So, it’s a versatile natural remedy.

**Vetiver oil, make your dog smell better than your old gym socks!** It has a strong earthy and woody scent which is said to have calming effects on dogs. It can be used topically or diffused in a room, and its therapeutic properties make it a popular choice for natural anxiety relief in pets.Vetiver is native to India, where it has been used medicinally for centuries. It’s rich in sesquiterpene compounds, offering sedative effects. As well as calming dogs, vetiver oil can also repel ticks and fleas, making it a great natural insecticide.

To increase its calming effect, vetiver oil can be mixed with other essential oils like lavender and chamomile. It must be diluted before use, as it can cause skin irritation. Always consult with a vet before using **vetiver oil on your pet**. Legend tells us that vetiver root was first used by Indian royalty for its fragrance and medicinal benefits. It’s now found in traditional holistic healing practices worldwide.

**Frankincense oil** is a great calming tool for dogs that bark, when excited or startled.

**Frankincense oil** has a woody, spicy aroma and is a popular choice for calming dogs. It has **sedative properties** that reduce anxiety and stress. A few drops on bedding or diffused around the home can provide a calming effect. It is also known to have **anti-inflammatory and analgesic properties**, which help relieve pain in dogs with arthritis or other conditions. Plus, frankincense oil boosts immunity to fight off infections and diseases. So, it is quite good all-round oil to keep in your house. Be sure to use high-quality frankincense oil that is pure and free from harmful additives. **Dilute it with a carrier oil, such as coconut or olive oil**, before use. Place a few drops on your dog’s collar or bandana when going for a walk. Or use an aromatherapy diffuser while spending quality time together at home.

**Bergamot Oil.** The sweet scent of **bergamot fruit** has a calming effect on dogs. Its unique aroma helps reduce anxiety and promote relaxation in humans and animals. Aromatherapy, using bergamot oil, is becoming a popular natural remedy for anxious pets. Introducing this oil into your dog’s environment can help them relax and de-stress. Let your dog sniff their way to a happier life with these aromatherapy tips!

How to Use Aromatherapy for Dogs

To use aromatherapy for your dog with calming scents, try these methods: topical application, diffusion, collar, and bedding. Applying essential oils directly to the skin or fur is one way to use aromatherapy topically. Diffusing essential oils with a diffuser can help create a calm atmosphere. Using a collar or bedding with essential oils can further provide the benefits of aromatherapy.

Topical Application

**For Application on Skin**. Aromatherapy can be great for your pup! Apply essential oils directly onto the skin, not just inhaling them.

First: Dilute with a carrier oil like coconut or almond. Then massage the mixture onto areas like paws, ears, or tummy.

**Key Aspects of Topical Application:**

Dilution Ratio: 1 drop of essential oil per 1 tablespoon of carrier oil.

Sensitive Areas: Avoid eyes, nose, and genitals.

Patch Testing: Always perform a patch test; apply a small amount and wait 24 hours.

**Not all essential oils are safe for topical use on dogs. Some toxic oils include cinnamon, tea tree, and oregano. Research before applying any new essential oil topically.**

**Pro Tip:** Consult a vet before using essential oils topically on your pup, for safety and well-being. Diffuse essential oils for your own sanity when they’re being a pup pest!

**Diffusion.** Try olfactory diffusion for your dog’s well-being! This involves dispersing essential oils into the air using a diffuser. These oils can have a calming effect and provide various health benefits. Lavender, chamomile, and peppermint can help reduce stress and anxiety. And citrus oils can improve their mood. Eucalyptus oil can help with respiratory issues. Always use pet-friendly, therapeutic-grade oils as some can be toxic to dogs.

Combine diffusion with other methods of aromatherapy, like **topical application or massage therapy**. However, make sure the oil droplets don’t come into contact with your dog’s eyes or skin. Also, avoid certain oils around pregnant dogs or those on medication.

Enhance your dog’s holistic health and help them live happier lives! Try olfactory diffusion today. **Add some aromatherapy to their collar for maximum chillness**.

Collar and Bedding

**Enhancing your pup’s atmosphere with aromatherapy is key for their comfort.** Here’s how to do it without overloading their senses:

Tie a colourful bandana with herbs/oils onto their collar.

**Lavender oil on the bedding** encourages rest & calms anxiousness.

**Essential oils** such as *chamomile, peppermint, or eucalyptus* can be sprayed too.

Each pooch has special needs & preferences, so experiment to find what works best. Studies prove that dogs exposed to natural fragrances are calmer (**Taylor & Barker, 2017**).

**Aromatherapy can help relax them, but it won’t fix bad behaviour that’s still your job, training stops bad behaviour!**

**Precautions and Considerations**

To ensure that your dog benefits most from aromatherapy, precautions and considerations are necessary. With ‘Dosage and Dilution,’ ‘Choosing High-Quality Oils,’ and ‘Consulting a veterinarian’ as solution briefly, you can easily avoid any harmful side effects and make the most of your beloved pet’s aromatherapy session.

**Dosage and Dilution.**

It’s imperative to follow the precise instructions given by a healthcare professional when it comes to dosage and dilution of medication. Not doing so can lead to harm. Here are some things to remember:

Use only the recommended **dosage and dilution**.

Seek the help of a healthcare professional if unclear about **dosage or dilution**.

Utilize the suggested **diluent** when preparing or administering the medication.

Pay attention to the different dosages and dilution requirements for each medication. Abiding by healthcare provider instructions helps to prevent possible negative effects. Don’t put your health in danger by ignoring Dosage and Dilution info. Consult with a healthcare professional if in doubt. Keep safety first and don’t take any unnecessary risks. Remember, your health is your karma – what goes around comes around.

**Choosing High-Quality Oils.** For best health gains, carefully choose oils to consume. Consider the processing method, product testing, producer reputation and oil composition. Quality standards of oils include:

**Cold-pressed** is often seen as high-quality, as it keeps more nutrients without added heat.

**Third-party lab tests** can verify no contaminants or adulterants are present.

Choose reliable companies with good track records specializing in top-notch pure oils.

Different oils have different compositions, some higher in beneficial fatty acids or other beneficial compounds.

When shopping for top-notch oils, find ones stored in dark glass bottles. Light exposure can cause oxidation and nutrient loss. Avoid expired products or those past their shelf life, as nutrients may be lost.

Karen needed a good olive oil for cooking. Her Google search was going down a dark path. She looked up local companies and found one with great reviews for **cold-pressed extra virgin olive oil**. The difference in her meals was amazing! From then on, she knew where to get great olive oil.

**Remember, if you’re unsure about your pet’s symptoms, consult a vet.**

Seeking advice from a licensed vet is essential before giving medication or treatment to your pet. They can diagnose and treat medical conditions, and know about dosage, side effects, and home treatment options. Plus, they can tell if specialist referral is necessary.

Provide all relevant pet information to your vet. This includes current health condition, past medical history, and any changes in behaviour. Be honest about any concerns regarding treatments or diagnosis plans.

Consulting a vet saves time and money by getting accurate diagnoses and preventing complications. Early detection of health issues leads to quicker recovery times.

Vets specialize in treating animals with different breeds and species-specific requirements. Try to find one who specializes in treating pets of the same breed as yours. Prioritize seeking professional advice from a licensed animal care provider when dealing with any health issue that could affect your companion. **Lavender can speak volumes about their relaxation levels**.

**Conclusion: Aromatherapy for Dogs is Worth a Try** Aromatherapy has been gaining popularity for its calming effects on dogs. It is a great alternative to conventional medications and has little to no side effects. However, strong Odors can be damaging, so trying out different options may yield positive results. Gradual introduction of essential oils is the key, and it’s worth it to try out aromatherapy for your dog’s anxiety.

**Lavender and Chamomile** have been known to have soothing effects on dogs. An aroma diffuser or spray bottle are good ways to use essential oils. It is important to check the quality and concentration of oil, dilute it before use, and avoid direct contact with the dog’s skin. Taking the necessary precautions while using aromatherapy for your furry friend is a must.

**Marjoram, Basil, and Frankincense** are some examples of oils that can help with separation anxiety. It would be wise to experiment with various combinations that suit your individual pet or consulting professional pet practitioners. The potential of exploring different plants and flowers available for aromatherapy is immense. According to studies **over 70% of households own a pet. 16 million households’ own dogs,** according to the 2019 report 60% of dogs suffer with stress or anxiety. With this rise in pet ownership, we now need to find ways to improve our pet’s quality of life. Aromatherapy is one such way.

**Frequently Asked Questions**

1. What is aromatherapy for dogs? Aromatherapy is the use of natural plant extracts, also known as essential oils, to improve a dog’s physical and emotional well-being. It involves the use of calming scents that can help alleviate stress, anxiety, and other behavioural issues in dogs.

2. Which essential oils are suitable for calming dogs? Some of the essential oils known for their calming properties in dogs are lavender, chamomile, bergamot, and ylang-ylang. However, it’s crucial to note that not all dogs react the same way to essential oils. Before using any essential oil on your dog, it’s best to consult with your veterinarian to ensure that it is safe for your pet.

3. How can I use aromatherapy on my dog? There are several ways to use aromatherapy on your dog. You can use essential oil diffusers, massage oils, sprays, or balms. However, make sure to dilute the essential oils before applying to your dog’s skin or fur.

4. Can I use essential oils on my dog every day? It is not recommended to use essential oils on dogs every day. Overuse of essential oils can cause adverse reactions such as skin irritation, allergies, and respiratory issues. Limit the use of aromatherapy to no more than once a day for short periods.

5. Are there any risks involved in using aromatherapy on dogs? Yes, there are risks involved in using essential oils on dogs. Some essential oils can be toxic to dogs and may cause serious health issues. It’s crucial to research and understand the risks involved before using an essential oil on your pet. Always consult with your veterinarian before using any aromatherapy products on your dog.

6. How can I tell if my dog is reacting badly to essential oils? If your dog is reacting abnormally to essential oils, you may notice symptoms like vomiting, diarrhoea, lethargy, or respiratory problems. If you observe any of these symptoms in your pet, stop using the essential oil immediately, and seek veterinary care.