

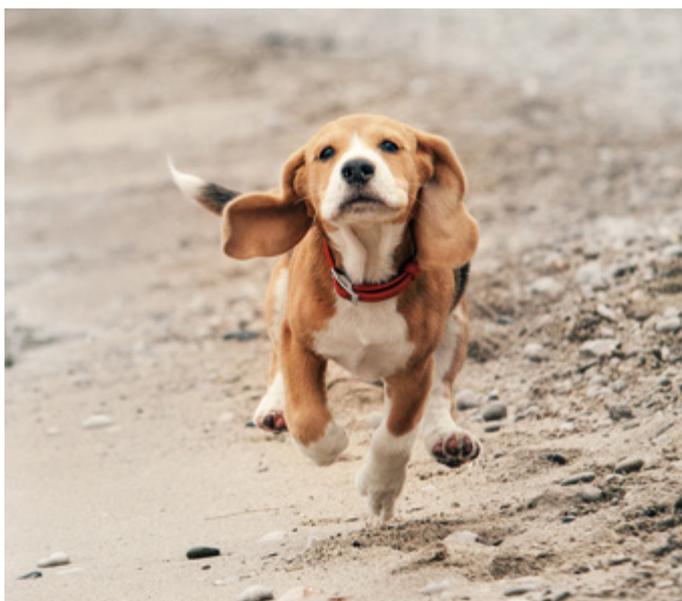


MY DOG IS OVEREXCITED. WHAT DO I DO?

Dogs are known for being full of life and energy and tend to get super excited. But when is your dog behaving a little bit too excited and how do you calm them down?

If you have an overly excited dog, you're most likely well-aware of their hyperactivity and how it shows. However, hyperactive dogs tend to have very short attention spans, get overly excited and have an abnormal amount of energy. Dogs have a lot of energy. Depending on the breed, some dogs may even have more energy than usual. It's completely normal.

Your dog might not necessarily be hyperactive, but there are definite ways that you could calm your dog down. According to Clinical Behavioral Medicine for Small Animals (Karen Overall, 1997), true hyperactive dogs are very rare as this would include the inability to relax in any environment, even familiar ones.



True hyperactive dogs

- ✓ React abnormally even to routine stimuli.
- ✓ Have abnormally increased heart rates.
- ✓ Elevated baseline respiration

How to calm your dog

Don't react.

Your dog is looking for attention. By giving attention to your dog while they're overly excited, you are reinforcing their behaviour.

Keep your dog busy

Provide a structured environment with enough ways for your dog to release his energy.

Check yourself

Dogs can pick up on the energy levels of the humans around them. If your dog is hyperactive, check your behaviour to

see if you aren't subconsciously influencing your dog. Depending on different scenarios and spaces, some dogs act differently than others. Be sure to see if there isn't anything in the area that could be triggering your dog's behaviour.

Redirect your dog's energy

Your dog could be acting more excited or hyperactive than usual because they're frustrated with the lack of activities. When your dog is hyperactive, try to calm them by finding ways to redirect their energy. Your dog needs frequent physical and mental stimulation. Without the energy release, your dog will start acting edgy, overly excited, restless or behaving badly.

Train your Dog

At times, dogs behave badly simply because they are allowed to do so. Teaching your dog boundaries and limits will decrease the chances of your dog misbehaving.

Sources:

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