

# **PET DEPRESSION CHECKLIST**

**Pets can get depression, and it's most often caused by big changes: such as losing a significant human or an environmental change (such as a move).**

## **Symptoms of Depression in Pets**

**Loss of appetite  
Lack of interest in activities such as going for a walk or playing  
Destructive behaviour,  
Chewing things, they shouldn't  
Clingy or needy behaviour  
Withdrawn and distant behaviour  
Increased irritability  
More frequent accidents  
Changes in sleep patterns**

## **Steps to Improve Your Pets Mood**

**More frequent daily walks  
Food games using kibble-dispensing treats  
More social interaction  
Opportunities for sensory stimulation, such as sound (music), scent (games to "sniff out" hidden treats), or tactile stimulation  
More playtime  
Rewarding positive behaviours, whether it be playing, eating, or showing interest in activities**