

## USE THIS TOOL AS A DIARY OF YOUR CAT'S SIGNS OF STRESS:

- Keep this sheet close by to **OBSERVE** your cat throughout the day
- Write down the date and the situation (sudden noise, guests at home, etc.) and **CHECK** the boxes of signs you observe
- **BRING** this sheet with you to your cat's next appointment

## OBSERVE YOUR CAT'S SIGNS OF STRESS



Eyes  
fully open  
  
Pupils  
fully dilated



Ears fully flattened  
against the head  
  
Whiskers  
pulled back



Vocalizing,  
yowling,  
growling  
or hissing



Shaking,  
drooling  
or hackling



Hiding



Crouched body  
  
Tail close  
to the body  
  
Head lower  
than the body



		SIGNS OF STRESS					
DATE	SITUATION	Eyes fully open Pupils fully dilated	Ears fully flattened against the head Whiskers pulled back	Vocalizing, yowling, growling or hissing	Shaking, drooling or hackling	Hiding	Crouched body Tail close to the body Head lower than the body