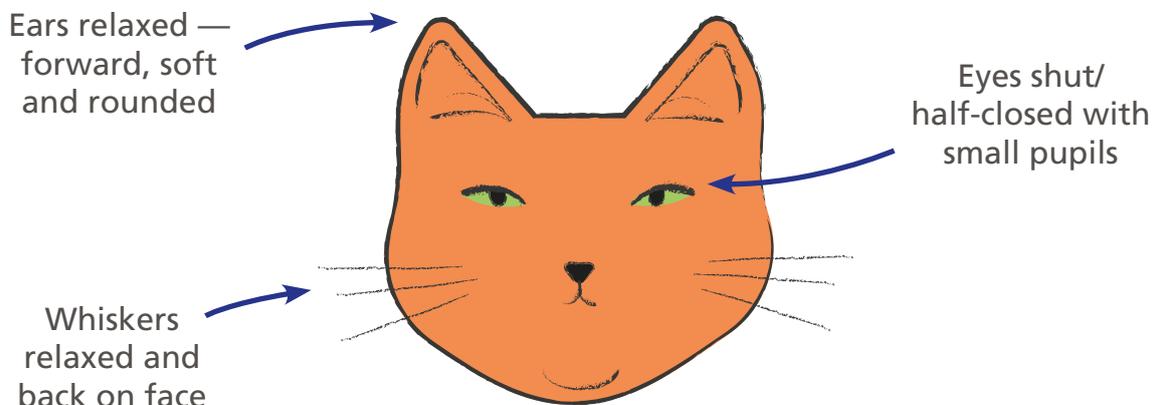


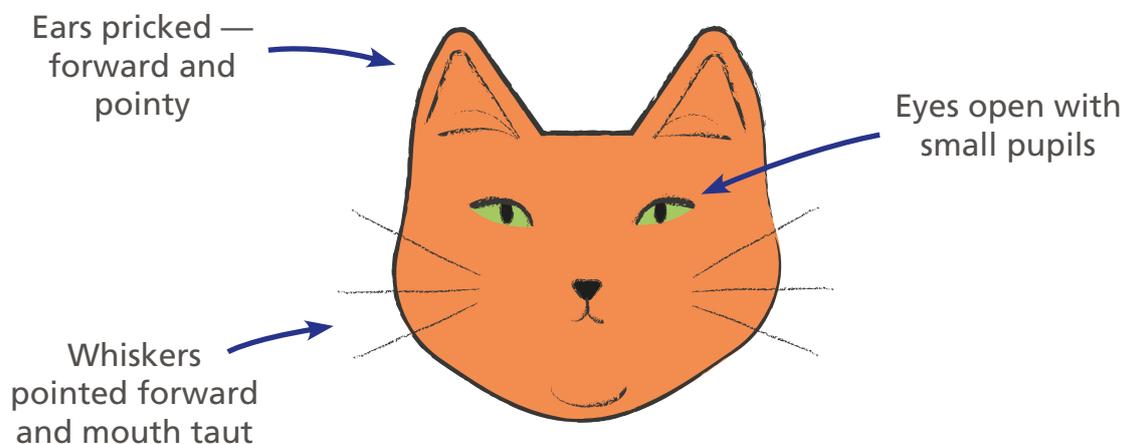
## Face: focus on stress

Here are some examples of things to look for that will help identify what your cat is feeling. This is a guide – they may not be showing all of these signs all of the time!



### Relaxed

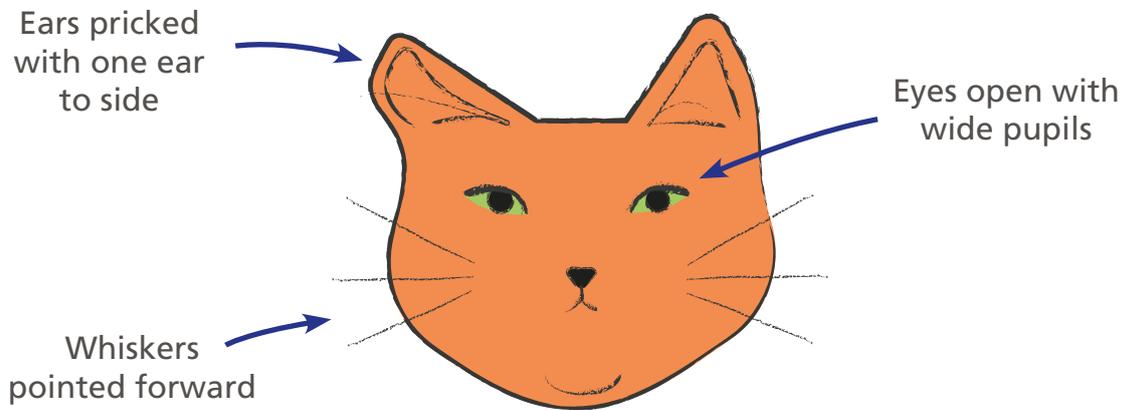
Your cat is feeling content



### Alert

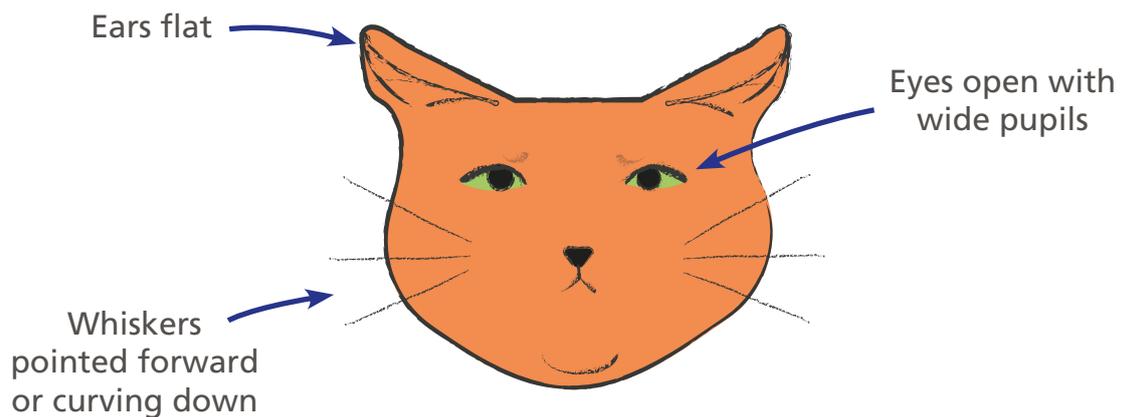
Your cat has noticed something interesting!

## Feline Behaviour Visual Guides: stress



### Worried/anxious

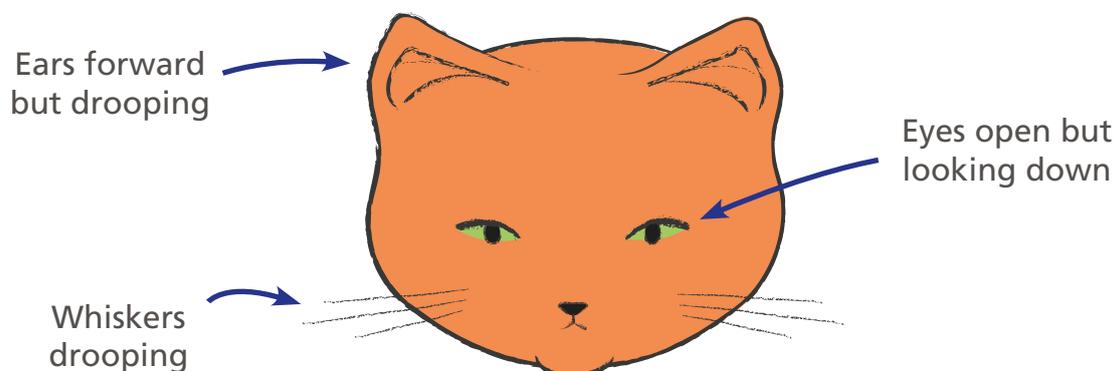
Your cat has noticed something in their environment and may be crouched down. They don't want to be touched.



### Stressed

Your cat may hide, flatten their body or try to get up high. Don't try and touch them.

## Feline Behaviour Visual Guides: stress



### Depressed

Cats can get depressed too – it's often the result of prolonged stress. Depressed cats may appear listless and uninterested in things they would normally enjoy.

### What should I do if my cat is stressed or depressed?

Long-term stress or depression can lead to other health and/or behaviour problems. If your cat appears stressed or depressed:

1. Get them health-checked by your vet.
2. Give your cat plenty of places to hide or get up high.
3. If you have more than one cat, make sure there is one resource (food, water, litter tray) per cat, plus extra for choice.
4. Ask your vet to refer you to a qualified behaviourist ([www.apbc.org.uk](http://www.apbc.org.uk)).

If you have any concerns about your cat's health or behaviour, please consult your vet