



# Service Dog Stress Checklist

## Occurrence



Dog's Name .....

Date ..... / ..... / .....

Location / Situation .....

.....



### Mild Stress Signals

**Your dog is working hard, but is likely still coping; keep a close eye on them.**



Lip licking or nose licking when no food is present



Brief episodes of excessive yawning in non-sleepy situations



Seeking more physical contact than usual



Subtle panting despite comfortable temperatures



Quick glances at you for reassurance in familiar places



Mild hesitation before following commands in distracting environments

### Moderate Stress Concerns



**Your dog is struggling to cope and needs immediate support.**



Consistent drooling in non-food situations



Excessive panting with rapid, shallow breathing



Trembling or subtle shaking



"Whale eye": showing whites of eyes repeatedly



Furrowed brow or worried expression lasting several minutes



Refusing treats they usually love



Frequent "shaking off" as if wet when completely dry



Excessive ground sniffing or distracted behavior



Whining or soft vocalizations



Stiff, robotic movements instead of fluid motion



Delayed responses to familiar commands



Hiding behind you repeatedly



Leaning heavily against you for extended periods













## Service Dog Stress Checklist

Red Zone: Immediate Intervention Required



**Your dog is overwhelmed and may be at risk of being compromised in their ability to work safely. Medical attention may be required.**

- |   |  |
|---|--|
|  | Complete freezing and non-responsiveness                   |
|  | Uncontrollable trembling or full-body shaking              |
|  | Bathroom accidents, despite being house-trained            |
|  | Air snapping or showing teeth                              |
|  | Attempting to escape or hide                               |
|  | Repetitive behaviors like spinning or excessive scratching |
|  | Complete work refusal – won't follow basic commands        |
|  | Vomiting or diarrhea without medical cause                 |
|  | Excessive drooling with thick, ropey saliva                |
|  | Glazed, unfocused stare or dilated pupils in normal light  |



### Important Note:

This checklist is designed to help you, but doesn't replace the trained eyes of your veterinarian. Your dog's health and behavior are as unique as their personality – what looks like stress might signal an underlying medical issue. Always consult with a veterinary professional when in doubt.