

## Feliway Calming Pheromone

Synthetic pheromones, like Feliway, can help reduce stress by mimicking the "happy" scents cats leave when they rub their faces on objects. Use diffusers or sprays in areas where your cat spends time. Do not spray Feliway directly on the cat.

## Keeping a Routine

Cats feel more secure when their day follows a consistent pattern. Try to:

- Feed meals at the same times daily
- Maintain regular cleaning schedules
- Avoid sudden changes in environment or interactions

## Schedule Daily Playtime

Interactive play relieves stress and builds confidence. Use toys like wand teasers or laser pointers for 10–15 minutes once or twice a day to engage your cat's hunting instincts.

## Keep a Clean Litterbox

A dirty litter box can be a major stressor.

- Scoop daily
- Place litter-boxes in lower traffic, but accessible areas
- One box per cat, plus one extra is ideal (especially if you have a stressy cat)

## Provide Rest, Hiding Spots, and Alone Time

Just like us, cats need quiet, safe places to relax. Make sure you offer things like:

- Cozy beds or hideaways
- Access to quiet rooms
- Respect for their space if they choose to hide or be alone

## Offer Scratching and Perching Options

- Scratching and climbing help cats relieve stress and mark territory.
- Some cats prefer vertical and/or horizontal scratching posts
- Cat trees or window perches are also great for climbing and surveying their territory

## Consider Medications

- If you notice signs of ongoing stress (e.g., hiding, aggression, inappropriate urination), let us know! We may recommend behavior modifications, supplements, or medication to support their well-being.

