



A COMPREHENSIVE GUIDE

# Recognising Stress Signs In Cats



**Club Lumo**

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## About Club Lumo

Club Lumo provides exceptional, attentive cat-sitting services throughout Singapore. We prioritise feline comfort and emotional health, ensuring your cat feels secure, relaxed, and cared for when you are away. Understanding feline behaviour deeply is integral to our approach, helping us provide tailored and compassionate care.



## Why Understanding Cat Stress Matters

Cats are highly sensitive animals, deeply attached to their routines and environments. Changes or disruptions, however minor they seem to us, can significantly affect their emotional well-being. Recognising the signs of stress early is essential to ensure swift intervention, preventing long-term behavioural issues and maintaining your cat's overall health and happiness.



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## Detailed Signs Of Cat Stress



### Hiding Or Withdrawal

When cats feel unsafe or overwhelmed, they instinctively seek secluded hiding places. Increased hiding or a noticeable reluctance to engage socially is a significant indicator of stress.



### Appetite And Eating Habit Changes

Stress can lead to reduced appetite or overeating. Monitor your cat's eating habits carefully, as changes can also signal underlying health issues.



### Litter Box Issues

Cats under stress may urinate or defecate outside their litter box. This behaviour can indicate anxiety, territorial stress, or dissatisfaction with the litter box's cleanliness or location.



### Excessive Grooming

Grooming is natural and comforting for cats. However, stress-induced over-grooming can lead to noticeable bald patches, skin irritations, or in

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### Aggression And Irritability

Cats experiencing stress might display aggressive behaviour towards humans or other pets. This can manifest as scratching, biting, or hissing.



### Increased Vocalisation

Unusual or frequent meowing, growling, or crying can indicate discomfort or anxiety. Changes in your cat's vocal patterns should be taken seriously.



### Body Language Changes

Stress signs include flattened ears, dilated pupils, tense or crouched postures, and rapid tail movements. Being aware of your cat's normal body language will help you spot these subtle signs quickly.



### Digestive Problems

Stress often leads to gastrointestinal issues, including vomiting, diarrhoea, or constipation. Regular digestive issues warrant veterinary consultation to rule out underlying medical conditions.

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# Practical Tips For Reducing Stress

1

## Maintain A Consistent Routine

Consistency provides predictability and security. Keep feeding times, play sessions, and sleep schedules as regular as possible.

2

## Create Safe, Quiet Spaces

Ensure your cat has dedicated quiet spaces to retreat to when feeling overwhelmed. This reduces anxiety and provides comfort.

3

## Interactive And Stimulating Play

Regular play sessions help reduce stress by providing mental stimulation and physical exercise. Engage your cat with toys and interactive activities daily.

4

## Provide Environmental Enrichment

Introduce climbing structures, hiding spots, and scratching posts to enrich your cat's environment, enhancing their physical and emotional health.

5

## Professional Consultation

If stress behaviours persist or escalate, consult your veterinarian to rule out medical issues and consider behavioural therapy or calming treatments.



## How Club Lumo Can Support You

Club Lumo's professional cat sitters are trained to recognise and address signs of stress proactively.

We adapt our services to your cat's unique needs, ensuring a stress-free experience through personalised attention and care.

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