

How STRESSED is your cat?



Circle the answers that apply to you and your cat. Then check below to see if your kitty is happy and healthy or how to better help him adapt.

1. How many cats do you have in your home including this cat?

- A) One
- B) Two
- C) Three
- D) Four or more cats

2. Does each cat have a private place to eat their meals?

- A) Yes
- B) No

3. Does each cat have a litter box in different locations and one extra?

- A) Yes
- B) No

4. How often do you have company in your home?

- A) Never
- B) Occasionally
- C) Once a week
- D) Every day

5. Have you recently moved, remodeled, changed jobs or spent hours away from home?

- A) No
- B) Yes

6. Does your cat have daily play time with toys, people or plenty of climbing spaces?

- A) Yes
- B) No

Scoring Guide

- 1. A) 0 points B) 3 points C) 6 points D) 8 points
- 2. A) 0 points B) 5 points
- 3. A) 0 points B) 5 points
- 4. A) 0 points B) 1 points C) 3 points D) 5 points
- 5. A) 0 points B) 5 points
- 6. A) 0 points B) 5 points

0-4 points:

Congratulations, you're the owner of a very happy kitty. The risk of feline stress in your household is low. Keep in mind even small changes to your household could create stress for your laid-back cat.

5-14 points:

Some factors in your home may be starting to worry your cat. Now is the time to speak to your vet about managing feline stress. Taking action now may help prevent your cat from developing stress related behavioral or medical problems later.

More than 14 points:

Your cat is in a high risk category and may be showing signs of stress-related behavior and/or medical problems. It is very important that you take action. Speak to your vet about using Feliway and the other steps you can take to help make your cat feel more comfortable at home.

