

# UNDERSTANDING SEPARATION ANXIETY IN GREYHOUNDS

## What is separation anxiety?

Separation anxiety occurs when a dog becomes distressed when left alone or separated from their people. While not all greyhounds experience separation anxiety, some may struggle with being alone, particularly during the transition into a new home.

Many greyhounds have spent much of their lives around other dogs and people, so adjusting to a quieter home environment can take time and patience.

## Signs of separation anxiety

A greyhound experiencing separation anxiety may:

- Bark, whine, or howl when left alone
- Pace or appear restless
- Become destructive around doors, windows, or household items
- Have toileting accidents indoors despite being house-trained
- Pant excessively or drool when left alone
- Follow their owners from room to room
- Show signs of distress when owners prepare to leave.



## How can separation anxiety be managed?

The good news is that most greyhounds can learn to feel comfortable and secure when left alone with the right support.

- **Establish a routine.** Dogs thrive on consistency. Creating predictable feeding, walking, and rest times can help your greyhound feel more secure.
- **Start with short absences.** Gradually increase the amount of time your greyhound spends alone, helping them learn that you will always return.
- **Provide enrichment.** Interactive toys, food puzzles, snuffle mats, and safe chew items can help keep your greyhound occupied and build positive associations with alone time.
- **Create a safe space.** Providing a comfortable bed, access to water, and a quiet area where your greyhound can relax can help reduce stress.
- **Remain calm during departures and arrivals.** Keeping greetings and goodbyes low-key helps prevent anxiety around coming and going.
- **Seek professional support.** If your greyhound is struggling, contact us at the GAP or a qualified trainer or behaviourist can provide guidance tailored to your greyhound's needs.

## Finding the right home matters

At the GAP, we understand that every greyhound is an individual. We carefully assess each dog's personality, confidence, and lifestyle needs to help set them up for success.

If we feel a greyhound may struggle with being left alone, we will work to match them with a home that best supports their needs. This may include:

- A home with another friendly dog for companionship
- Owners who work from home
- Retirees or people who are home more often
- Families with flexible schedules.

Our goal is to create successful, lifelong matches that allow both the greyhound and their new family to thrive.

## Remember

Many greyhounds settle beautifully into home life with patience, understanding, and the right environment. With proper support and a suitable home match, even greyhounds that initially struggle with alone time can grow into confident and happy companions.

If you have any questions about separation anxiety or whether a particular greyhound is the right fit for your lifestyle, our team is here to help.

