



## Give Your Dog Or Cat a Stress-Free Holiday

The holidays are a time for celebration, but they can also be a stressful time for your pets as their environment changes and routines are disrupted. With the arrival of unfamiliar holiday guests, decorations and possible air travel with your cat or dog, your pet might react to the changes with unwanted behavior. Help alleviate your four-legged friend's holiday stress and make the holidays easier for both of you with this pet advice from Comfort Zone®:

- Avoid decorating or moving your pets' sleeping or eating areas to keep their stress level down.
- Provide your pet, especially dogs, with daily exercise, which is a natural dog stress remedy and can reduce the chance of unwanted behaviors.
- Guests are the most likely to sneak food to your pets – to avoid them eating unhealthy food, make sure to have plenty of pet treats on hand.
- During holiday parties, pets may become overwhelmed with the number of individuals and possibly other pets in their home. To help your dog or cat feel less afraid of people, provide them with a quiet, safe area they can call their own.
- If you plan on traveling with your pet during the holidays, be sure to bring all of his necessary items and [check out our pet travel tips](#) for a stress-free trip.

### The Gift of Holiday Comfort

To comfort your cat or dog during the holidays and year-round, research shows that using pheromone-based products, like Comfort Zone® with D.A.P.® for dogs and Comfort Zone® with Feliway® for cats, helps to reduce your pet's stress and stop unwanted behaviors.

Pheromones are natural chemicals emitted by cats and dogs to communicate with others of the same species. By mimicking these pheromones, Comfort Zone® products help to calm your pet and reduce disruptive behaviors. Learn more about cat and dog behavior problems — and their solutions with [Comfort Zone® for Cats](#) and [Comfort Zone® for Dogs](#).

With a little preparation — and maybe a helping hand from Comfort Zone® — you and your pets can have a happy and stress-free holiday season.

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