Northside Veterinary Centre
2/51 Mort St
Braddon ACT 2612
Call (02) 6182 0111 or (02) 6247 8651
Email info@northsidevet.com.au
www.northsidevet.com.au

10 Ways to reduce cat stress

1) Create high places and private spaces for your cat to enjoy.

2) Create a refuge or safe place where your cat can feel safe.

3) Make sure each litter tray is kept clean, it is also important to ensure your cat has a tray that is big enough (1.5 times body length).

4) Place litter trays in a quiet place far from food bowls. Ideally food and water should also be separated by at least a metre. Avoid plastic bowls which taint water and food, and use metal or ceramic bowls instead.

5) Praise good behaviour – do not punish your cat for accidents.

6) Give your cat something to scratch. Scratching releases pheromones and makes cats feel happy.

7) Keep your cat in good shape, overweight cats have trouble jumping.

8) Create a play area with toys and other items to keep your cat active.

9) Indoor cats can become bored, ensure your cat has a view to what is happening in the outside world.

10) If you have more than one cat, make sure you have enough food and water as well as litter trays for all of them. They all need their own safe space.