

Holiday Stress for Cats

It's not because they're worried about what presents you bought for them. No, it's caused by one simple thing, change! Changes such as:

- Friends coming over during this holiday period
- Furniture getting moved around
- The house being redecorated
- Strange visitors - who your cat sees as threats
- Changes in your daily routine

While these changes are exciting for us... they might set your cat on the edge. And you never know how your cat is going to react to these things over the holiday period. You don't want to leave things to chance. So, here are three things you can do to calm your cat... and make her less susceptible to stress and anxiety during this holiday period.



Keep her in her safest space... away from the party. She'll naturally feel more relaxed there.



Tell your guests to come with some treats for your feline friend. This makes her more likely to warm up to them and see them more as friends and then threats. A win-win for everybody!



Set aside some time to play with your cat. I know this feels obvious. But when you're engaged in a ton of things... it's easy to get distracted and forget about the importance of your attention to your Feline Friend. To spice things up, you can load up on some Catnip. As it contains nepetalactone... which can improve relaxation, boost mood, and reduce anxiety, restlessness, and nervousness.