



## ADOPTING AN OVERSTIMULATED CAT

First of all, thank you for adopting! You've chosen to adopt a cat that may get overstimulated at times. What does this mean?

Overstimulation refers to a cat's normal response to being petted or handled in areas or ways the cat finds uncomfortable or have gone on for too long. Imagine a complete and total brain overload!

### PAY ATTENTION TO MY BODY LANGUAGE

Are my eyes dilated? Is my tail flicking or my skin twitching? Are my ears back, or am I trying to move away? These are all signs that I am becoming overstimulated.

### LET ME GUIDE THE INTERACTIONS

Most cats like to rub their faces or bodies over an offered hand, but do not appreciate long strokes over their bodies. Some cats are specific to where they like and do not like to be touched. Instead of petting, training and play can be a fun alternative to interact.

### GET TO KNOW & UNDERSTAND MY TRIGGERS

To be triggered is to have an intense emotional or physical reaction to something. If you know that your cat is triggered by petting on a specific area like the tummy, avoid that area altogether. If your cat is triggered by strangers, keep them in a private room while visitors are over.

### EXERCISE & MENTAL STIMULATION

Playtime can be very mentally stimulating and a great bonding experience for both you and your cat. Cat wands, interactive toys and puzzle feeders are all very enriching items. Did you know you can even train your cat to do fun tricks like a hi-five? Ask staff for one of our behavior staff cards.

### TRY SYNTHETIC PHEROMONES

FELIWAY Spray or Diffusers have been shown to help cats feel more calm and comfortable by mimicking the natural feline reassuring messages.

**Most importantly - stay calm, stay consistent, and stay patient.**