



# HOW TO HANDLE STRESSFUL SITUATIONS

## INTRODUCTION

Hello, my cool Cats,

We are Julie, Daniel & Nala from @Somewhat.Gypsea

We have just completed our Lap of Australia & are currently in Europe undertaking a Vanbuild ourselves with the help of our little assistant Nala (our rescued cat).

As you imagine road-tripping Australia for two years with Nala we have learned valuable tips & gain priceless first-hand experience on how to Travel with a cat.

Too valuable to keep for ourselves, So if you are looking for some hot tips on how to join the Adventure Cat Movement these free guides are for you!

We hope they inspire & help you the same our Community Inspired us to Start Exploring ; )

## 1: READ YOUR CAT'S BODY LANGUAGE

Our cats tell us a lot through their body language, they usually indicate their fear or stress by arching their back and fluffing up their tail & sometimes they will get to t flat to the ground.

However, if they really freak out they are most likely to run away the worst case is when they freak out and try to run away. Luckily we have built up Nala's trust in us so much over the past months of living full-time on the road, she has not been scared enough to start running in a very long time. If you are looking to build up the trust your cat has in your look into our Guides.

## 2: ALWAYS BE ON ALERT & KEEP A SAFE DISTANCE

We personally do not recommend leashes that are over 5 meters, we simply do not believe that over 5 meters is a safe distance in case of an emergency.

Anyways, no matter the leash's length you should always pay attention to your surroundings so that you could prepare in case of a foreseeable danger such as dogs, bicycles, cars & so.

## 3: USE YOUR BODY AS A SHIELD

Cats tend to try to run away from conflicts so your cat may try to take off at the sight of possible danger, so make sure you hold on tight to the leash.

When possible also place yourself between your cat and oncoming danger to become an actual shield for your cat, your cat will understand this is done for their protection.

## 4: POSITIVE REINFORCEMENT

In a stressful situation, your own body language age & tone is something that will guide your cat. Speak calmly, while getting yourself at your cat's level to give comforting pets.

We did not have a backpack when we started exploring with Nala, so we always got down on her level, offering her our shoulder to get back to if needed but mostly to show her we had her back.

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## 5: EXIT THE SITUATION

Now, sometimes we will fail to calm our pets on the go & it is ok. Simply pick up your cat safely and exit the situation to reach safe haven. Now if you have your carrier/backpack or stroller with you that would be a good place to get to while getting away. Wait until the situation has cleared & your cat's stress level has come down to continue exploring

### *Reminder:*

*There is an infinite possibility of a situation that could get any cat anxious, so that's ok if your cat has up & down.*

*Training to be an adventure cat is not meant to be an easy upward road, it's more like a roller coaster.*

*The truth is even if Nala has been on the road full-time for just under a year, she still gets spooked from time to time but she now knows that we are here to guide & protect her no matter what.*

