



Use this to help monitor inhabitants of your communal cat room

Active Indicators of Stress

- Avoidance
- Lowered posture
- Spraying
- Eliminating outside the litter box
- Aggression
- Stereotypic behavior (e.g. over-grooming, pacing, fabric eating, or head-bobbing)
- Hiding without interacting with caretakers or other cats
- Using the litter box as a bed or retreat space

Passive Indicators of Stress

- Reduced activity or mobility
- Reduced maintenance behavior (e.g. grooming, sleeping, or eating)
- Passivity or withdrawal (e.g. staying in corners or turning away from the group)
- Unresponsiveness
- Weight loss

Steps to Take for Chronic or Severe Stress

- Remove the cat from the room or remove other cats who may be causing problems
- Perform a medical examination to ensure the cat is otherwise healthy
- Confirm that the room is properly equipped and arranged to provide each cat with access to bedding, food, water, a litter box, hiding/resting places, perches and sources of stimulation
- Look for and eliminate potential stressors (unfamiliar caretakers, inconsistent handling or changes to the accustomed environment)
- The removed cat, if known to be a good candidate for group living, can potentially be placed in a different group – but take care to avoid repetitive replacement in groups
- For some cats, an individual cat condo will be the least stressful alternative

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