

HOW TO HANDLE STRESSFUL SITUATIONS

INTRODUCTION

Hello, to you fellow explorer!

We are Julie, Daniel & Nala from
@Purrfectbuslife.

The three of us have been living on the open roads of Australia in our Vintage Mazda Bus since October 2020.

Nala, our rescued Cat was your average yet content house cat with no prior training before jumping into buslife with us & now she is a true explorer!

We document our travels as we love sharing Nala's progress & journey from a skittish shelter cat to the professional explorer she is now but also to share the knowledge we learned the hard way about buslife with a cat in Australia & encourage all pet owners to be the responsible kind.

So, this is why we create Free guides from hands-on experience for you all to enjoy!

1: READ YOUR CAT'S BODY LANGUAGE

Our cats tell us a lot throughout 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 living full-time on the road, she has no been scared enough to start running in a very long time. If you are looking to build up the trust your cat has in you look into our Guides.

2: ALWAYS BE ON ALERT & KEEP A SAFE DISTANCE

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

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

3: USE YOUR BODY AS A SHIELD

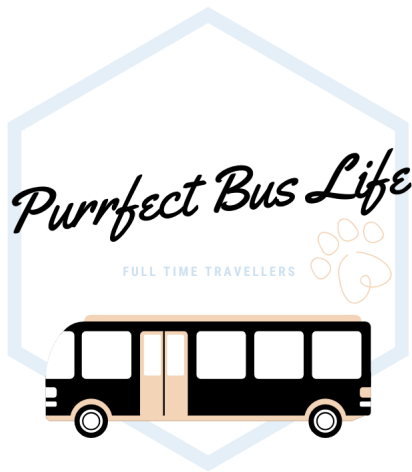
Cats tend to try to run away from conflicts so your cat may try to take off at the sight of a possible danger, so make sure you hold on tight to the leash.

When possible also place yourself between your cat and on coming 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 & 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.



HOW TO HANDLE STRESSFUL SITUATIONS

INTRODUCTION

Hello, to you fellow explorer!

We are Julie, Daniel & Nala from
@Purrfectbuslife.

The three of us have been living on the open roads of Australia in our Vintage Mazda Bus since October 2020.

Nala, our rescued Cat was your average yet content house cat with no prior training before jumping into buslife with us & now she is a true explorer!

We document our travels as we love sharing Nala's progress & journey from a skittish shelter cat to the professional explorer she is now but also to share the knowledge we learned the hard way about buslife with a cat in Australia & encourage all pet owners to be the responsible kind.

So, this is why we create Free guides from hands-on experience for you all to enjoy!

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 stress level has come down up to continue exploring

Reminder:

There is an infinite possibility of a situation that could get any cat anxious and that's ok if your cat has up 7. down.

Training to be an adventure cat is not meant to be an easy upward road, its 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.

