

# Environmental Enrichment, Stress, and Improved Welfare





## Benefits of Enrichment

- Improved or enhanced welfare
- Provides mental and physical stimulation
- Allows for outlets to engage in species typical behaviors
- Decreases risk for abnormal behavior

**Learn More At-a-Glance: [Enrichment Application](#)**



## Effective enrichment leads to dogs who experience:

- Increased control over their environment, bodies, and interactions
- Decreased stress
- Minimal boredom
- Decreased anxiety

**Learn More At-a-Glance:**  
[Enrichment Types](#)

## Enrichment Provides and/or Enhances:

- Natural, rewarding behaviors (e.g. exploration, chewing, foraging, digging, social behavior)
- Complexity of behavior
- Positive use of available space
- Ability to cope with challenges





## Enrichment Reduces:

- Repetitive behaviors
- Fear-related behaviors
- Boredom



## Learn More:

- [Enrichment in Kennels Handout](#)
- [Quick Tips for Success: Environmental Enrichment in Kennels](#)
- [Canine Environmental Enrichment Log](#)
- [The role of caretaker interactions in environmental enrichment for kennelled dogs](#)
- [Implementing Environmental Enrichment for Dogs](#)
- [At-a-Glance: Enrichment Application](#)
- [At-a-Glance: Enrichment Types](#)



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