

What is a decompression walk?

Coined by Sarah Stremming, decompression walks are a chance for your dog to sniff and explore in a quiet environment away from triggers and busy city areas. All dogs can benefit from decompression walks, however for reactive and chronically stressed dogs, they are necessary to help your dog recover from triggering events and make progress in their training plan. Decompression walks are a way for your dog to take a deep breath and reset after exposure to the stresses of daily life.



How to take your dog on a decompression walk

Scope out a few locations within driving distance where you are unlikely to encounter triggers and where they have a lot of space to sniff. This may mean visiting these areas during the week or early in the morning. Use a long line to allow your dog space to move naturally. Encourage sniffing by scattering treats on the ground. For reactive, anxious and fearful dogs, do this as much as you can manage. The more your dog can decompress away from triggers, the better they will do when they encounter them.

