



For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

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How to Make Your Dog More Optimistic

Research across many species, from rats to dogs to zoo animals, show that their **attitude towards life**, positive or negative, **affects their welfare, mental health, ability to learn and remember, and the quality of their decisions**. Negative attitudes are often tied to separation anxiety or dog-directed fear and aggression. So, **we want our dogs to have a positive attitude** not only because it makes them happier but also because it increases mental stability, improves how easily they learn, remember, and make decisions about situations they find themselves in. Read on to **find out how one of the newest dog sports improves dogs' optimism** and with it, all of these benefits.



Cognitive Bias

We all know people who are 'glass half-full' types – they look at life from a **positive viewpoint** and generally are fun to be with. And of course, there are the 'glass half-empty' types, who always seem pessimistic and can be kind of a downer to spend time with.

This **attitude toward life and the future** is referred to as **cognitive bias** (also called *judgment bias*), and it has **huge implications for mental health, as well as learning and memory**. Cognitive bias has a significant influence on behavior and decision-making. In fact, **changing cognitive bias** is a core feature of cognitive behavioral therapy, one of the most well-founded therapeutic interventions for improving mental health.

Scientists decided to **study cognitive bias in dogs** to see whether training them in two different tasks improved their outlook on life - and maybe made them into 'glass half full' dogs. The results were pretty amazing!

[Find out how to make your dog more optimistic!](#)

Upcoming Events:

For Dog Lovers/Trainers

Jan 31, 2019

[NACSW & CNCA Joint Conference](#)

DoubleTree Golf Resort Palm Springs
Cathedral City, CA
www.cnca.com

Feb. 9 - 10, 2019

[Coaching the Canine Athlete Seminar](#)

Coventry School for Dogs and Their People
Columbia, MD
lizzacatalano@thecoventryschool.com

May 11 & 12, 2019 **NEW!**

[Coaching the Canine Athlete Seminar](#)

Kemptville, Ontario
Contact: Rose-Anne Gleiser animals&humans1@gmail.com

For Veterinarians, Physical Therapists and Veterinary Technicians/Nurses

Feb. 23 - 25, 2019

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute
Coral Springs, FL
www.caninerehabinstitute.com

Mar. 22 - 24, 2019 **NEW!**

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute
Coral Springs, FL
www.caninerehabinstitute.com

For Active Dogs! Trivia

Answers to all trivia questions are found in past
For Active Dogs! newsletters

**When you are strength-training your dog and thus using lots of treats, what's
the best way to know whether your dog is gaining fat or muscle?**

click [here](#) to find out the answer



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