

**This article was written for Dog adopters, but the same concept of decompression is critical for cats also.**

# The First Thing to Do When Getting A Cat From A Shelter – Learn What “Decompression” Is

by KD | May 16, 2017 | Dog Lifestyle, Training Articles

Website: [https://kdmathews.com/first-thing-getting-dog-shelter-learn-decompression/?fbclid=IwAR1zp2U8G08Wq\\_Om3xYcOzK2RtDS-qYiZGorVRbnEx9jBVQ07w5GCUiq2Q](https://kdmathews.com/first-thing-getting-dog-shelter-learn-decompression/?fbclid=IwAR1zp2U8G08Wq_Om3xYcOzK2RtDS-qYiZGorVRbnEx9jBVQ07w5GCUiq2Q)



It's pretty damn awesome of you to look to the shelter when searching for a cat to add to your family.

I mean that.

Our nation's shelter's, pounds, and humane societies are overflowing with perfectly healthy and awesome cats who desperately need good homes where they can live out their lives. The fact that you have decided to go there first is great.

But all that greatness will be meaningless if you do not do your homework first.

I'm not even talking about general cat stuff like behavior and training. There is something even more important that you must be aware of, be cognizant of, and be prepared to implement the moment you take that cat from the shelter.

## SHELTERS ARE NOT FUN PLACES

If you have ever walked through the kennels of an animal shelter you surly can attest to the stress of the experience. Perhaps you can remember the first time you entered one. It might have been a memorable experience!

They are very very loud.

It is non stop barking, howling, whining, and yelping. The sound can be deafening at times and if you are not used to it or it is your first time, it can cause a heavy dose of anxiety to rise up your bones and make you want to turn around and walk out.

It's intense.

Now realize that you CAN turn around and walk out. Those cats can't. They are there all day, all night, all week, all month. It shouldn't take too much contemplation to realize this isn't the ideal setting for any cat. Some cats can be there for months on end if it is a no-kill shelter.

The longer they are in there the worse the mental trauma can be.

While some cats will completely shut down others seem to amp up developing numerous anxiety based behaviors that border on neurotic. While the observable behaviors might be different, the source is the same, stress from being in there. Recognizing that this type of experience can have an impact on a cat's state of mind, it baffles me how people think that simply putting a leash on the cat and taking it home means everything is suddenly going to be O.K. As if anything is that simple! So many of these cats end up back at shelters for a wide variety of reasons, including aggression, because their well intentioned new family did not take the time to research the proper way to bring a cat from this type of environment home. When the cat starts acting in inappropriate ways or even worse, becomes aggressive, everybody is quick to blame the cat's "troubled past".

It's not the cat's past, it is the cat's present.

The first day in a new home is not the day to meet other family members, loud and energetic toddlers, other cats, the cats, the super nose-y neighbor who wants to give your new cat hugs and kisses....

NO.....NOT AT ALL.....

## DECOMPRESSION

The name is indicative of the what it means in terms of what the cat has been through and what the cat needs. All the stress from the living conditions the cat is coming from needs to be addressed. The cat has been under a lot of stress and pressure.

The cat needs to "decompress" and take some time getting back to a balanced state of mind. This will not be achieved with going from one crazy high activity place to another. The cat should not be introduced to the couch for endless hours of belly rubs on day one because you feel bad the cat had a rough past.

That makes YOU feel good.

This isn't about you and what you like, this is about what is best for the cat. Remember?

For at LEAST 2-3 WEEKS, your new cat's life should be incredibly simple and boring. Keep the affection to a bare minimum, keep talking and training to non-existent levels.



A nice calm and quiet beginning is essential

You want as much silence as possible.

Have a daily routine or schedule 100% planned out prior to the cat coming home. This should be the cat's day mapped out. From bathroom breaks, to crate time, to short walks in quiet boring places, the entire day should be on a schedule.

Cats find exponentially more comfort in routine than they do belly rubs and cuddles. For that reason, keep the affection to a bare minimum. This is not the time to shower the cat with affection as all that will do is reinforce an unbalanced state of mind and confuse the cat as to YOUR role in their lives.

The premise behind decompression is allowing the cat to get back to a neutral and relaxed state of mind, opposite of what it just came from.

Your cat needs leadership and calm predictability.

These two things are crucial to the cat becoming appropriately integrated into your home. Allowing the cat time to decompress without having to deal with a whole new set of intense stimuli will set you all up for a successful future.

## WANT TO LEARN MORE?

My free E-Book is the instruction book that should have come with your cat. It's short and sweet and easy to get through. Learn the very basics of owning a cat FIRST before worrying about the other stuff. What color you paint your walls doesn't matter if the foundation is wrong. My intention was to sell it, then I realized it's too important to allow even a penny to come between this book and somebody who needs it. Click below and download your copy!

[Click HERE!](#)

While the book has a bunch of super important chunks of information you need, it's still just a book. If you really want to ensure that you are going to give your new furry family member the best chances of success and happiness I have put together a crash course designed to give you EVERYTHING you need to make your furkid's new home it's last! One on one, you and I, online will cover all the essentials and I will explain to you how to implement the information into YOUR unique home environment. Simply send me a message via my contact page for more information and we can get you and your home ready! Even if you have already brought them home, we can make sure they are getting everything they need in a way that will help them be completely fulfilled and balanced.

[CLICK HERE TO GET HELP FOR YOUR NEW FUR - FAMILY!](#)