

Stress In Parrots

Stress has many symptoms. What we want to do is observe the **parrot's body language**. There are many behaviors that a parrot may exhibit when stressed. These behaviors can indicate the parrot is trying to release some anxious energy or signal that something is wrong.

If you see these behaviors, a parrot may be stressed:

- Standing on one leg and biting the nails of the other foot
- moving his head in a figure-eight pattern
- Any kind of rocking or pacing
- Excessive vocalization, screaming and repetitive chirps or alarm calls
- Self-injury, feather-destruction
- stereotypic behaviors such as pacing, head-shaking, or constant rocking back and forth
- becoming withdrawn or fearful or cowering
- Aggression to both people and other birds
- Thrashing or biting on cage bars
- Hissing, panting; fanned tail, wings held away from body
- Increased respiratory rate; panting or open mouth breathing.
- Territorial behavior (bird looks like they're ready to charge)
- Raised head feathers and dilating pupils could be signs of aggression.

These can all indicate varying levels of stress.

- ✚ As flock animals, birds enjoy and are often comforted by the company of other birds or people they trust in the same room. Also, parrots are prey, so it's natural for them to be frightened of loud sounds, and frightening lights.
- ✚ Each bird is an individual; observing their behavior and reaction to surroundings will help you to identify triggers to stress and minimize their anxiety.
- ✚ [Provide POSITIVE Socialization & Enrichment Activities! \(click for more info\)](#)