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# New Easy Ways to Know if Your Cat is Happy

*Top Tips for Making Sure You Have a Happy Cat According to Igor Purlantov*

New York, NY ([prHWY.com](http://prHWY.com)) January 31, 2012 - Cats are very intelligent animals that express various emotions including fear, grief, jealousy, anger and love according to animal rights advocate Igor Purlantov. For those that are lucky enough to have a cat in their home, it is important to know if your feline companion is happy.

Finding out if your cat is happy can sometimes be a difficult task since cats are very good at hiding their true feelings says Igor Purlantov. Here are several ways to help you know if you have a happy cat:

## **Playful Behavior**

Cats enjoy playing with others that they like and trust. Any amount of playful activity, from running back and forth and playing catch to simply patting your leg or face for attention is a good indication of happiness. Cats can learn how to play catch and when they do it is a great sign they are happy.

## **Body Language**

Cats that keep their whiskers slightly forward and their fur smooth with a relaxed tail are generally happy and curious. When a cat has their tail straight up in the air, they are greeting others around them that they consider friends. A relaxed happy cat will rest with their front paws tucked under, their ears forward, and their eyes half open. A cat that shows a sudden dilation of the eyes is having a sudden boost of happiness and excitement.

## **Eating Habits**

Cats that are happy have a nice healthy appetite. Each time a cat tries to get you to give them more food and treats, they are simply playing with you and thus being happy.

## **Shiny Coat**

Having a shiny coat of fur is a very good indication that your cat is in good health and thus happy. A shiny coat is also a good sign that your cat is getting the necessary nutrition and enjoying regular grooming which they enjoy.

## **Confident Behavior**

A happy cat will show interest in their environment and will be responsive when approached. Some cats enjoy taking a proactive approach and touching everything new around the home while others may simply watch from a distance. In either case, a happy cat will react to a stranger with caution rather than fear and a confident cat will generally have the highest amount of happiness.

## **Vocal Cats**

Cats are very good at giving vocal cues to indicate what they are thinking or feeling. Some cats are more vocal than others and like to engage in long conversation to show they are happy. Quiet cats on the other hand may express happiness with silence, and vocalize to express unhappiness. Higher pitched sounds are generally happy while lower pitched sounds can mean they are frustrated or being demanding.

## **Grooming Behavior**

Cats that are happy enjoy grooming themselves so that they look their best. Cats that enjoy grooming other cats and even their human companions are also happy and are showing that they trust you. Although not all cats enjoy

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grooming others, cats that groom one another are happy with each other and enjoy each other's company.

### **Bathroom Behavior**

When a cat starts missing the litter box and going elsewhere, this is a good sign that something is wrong and they are not happy. A happy cat that is adjusted and content with their environment will always use their litter box.

### **Sleep Patterns**

Although some cats may sleep more when they are depressed, the location of where they sleep can be a good indication of happiness. Cats that enjoy sleeping close to other cats and seek them out are happy and showing that they enjoy being around others. If your cat sleeps next to you then be happy to know that your cat trusts you and enjoys being around you as much as possible. And if your cat is sleeping on its back, this is the ultimate sign that they feel safe and secure in their environment and are very happy.

Igor Purlantov is an animal rights advocate that follows and writes about animal news and trends to help raise awareness of animal rights and protection. You can read and learn about his work on [www.igor-purlantov.net](http://www.igor-purlantov.net) or follow him on twitter @igorpurlantov

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