



WHAT'S HAPPENING IN YOUR CAT'S BRAIN?

≡ The Hunting Sequence & Feel-Good Chemicals ≡

Your cat's natural hunting behavior is more than instinct—it's a powerful brain chemistry cycle that creates joy, satisfaction, and well-being.



THE HUNTING SEQUENCE

1 NOTICES PREY



Eyes, ears, and whiskers pick up movement or sounds.

BRAIN CHEMISTRY: DOPAMINE

Dopamine begins to rise when your cat detects something interesting and potentially rewarding.



WHAT THE CAT FEELS:
Curiosity & Interest

2 STALKS



Slow, focused movement as your cat evaluates distance and timing.

BRAIN CHEMISTRY: DOPAMINE

Dopamine increases with anticipation and focused goal-directed behavior.



WHAT THE CAT FEELS:
Anticipation & Focus

3 CHASES



Explosive bursts of speed powered by instinct and adrenaline.

BRAIN CHEMISTRY: HIGH DOPAMINE

High dopamine + adrenaline create excitement, motivation, and persistence.



WHAT THE CAT FEELS:
Excitement & Drive

4 CAPTURES THE PREY



The moment of capture—mission accomplished!

BRAIN CHEMISTRY: ENDORPHINS (Endogenous Opioids)

Endorphins are released when your cat captures prey, reinforcing the behavior.



WHAT THE CAT FEELS:
Satisfaction & Reward

5 DELIVERS THE KILL BITE



The killing bite is a natural finishing behavior.

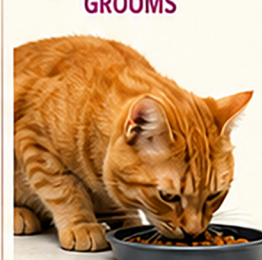
BRAIN CHEMISTRY: ENDORPHINS (Endogenous Opioids)

Endorphins peak with the kill bite, producing deep satisfaction and relief.



WHAT THE CAT FEELS:
Deep Satisfaction

6 EATS & GROOMS



Eating restores energy. Grooming follows to relax and reset.

BRAIN CHEMISTRY: ENDORPHINS + SEROTONIN

Endorphins continue to promote well-being. Serotonin helps your cat feel calm and content.



WHAT THE CAT FEELS:
Contentment & Calm

WHAT ABOUT SEROTONIN?

Serotonin doesn't drive the hunt—it helps regulate mood, impulse control, and emotional balance. It helps your cat know when to act... and when to chill.



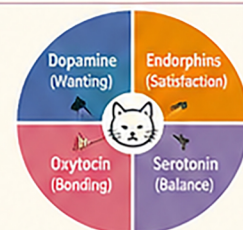
WHAT IS OXYTOCIN?

Oxytocin is the "bonding chemical." It's released during positive social interactions like grooming, rubbing, sleeping together, nursing, and pleasant petting from someone your cat trusts.



THE BIG PICTURE

Dopamine makes your cat WANT to hunt. Endorphins make it FEEL worthwhile. Oxytocin makes relationships FEEL safe. Serotonin helps keep emotional responses balanced.



HOW TO HELP YOUR CAT FEEL GOOD EVERY DAY



PROVIDE A DAILY HUNTING SEQUENCE



- Play with wand toys, or moving toys.
- Let your cat stalk, chase, pounce, capture, and "kill" a toy.
- End with a treat or meal.
- 10–15 minutes, 1–2 times a day.

FEED FOR SUCCESS



- Use food puzzles, treat balls, or scatter feeding.
- Turn mealtimes into natural foraging opportunities.
- A full hunting sequence builds satisfaction.

STRENGTHEN YOUR BOND



- Pet your cat gently in areas they enjoy.
- Use slow blinks and soft voice.
- Respect their choices—consent builds trust.
- These moments release oxytocin for both of you!

CREATE A CAT-FRIENDLY ENVIRONMENT



- Provide vertical space and perches.
- Offer hiding spots and safe spaces.
- Enrichment reduces stress and supports emotional balance.

SUPPORT CALM & RELAXATION



- Quiet, predictable routines build security.
- Pheromone diffusers can help.
- A calm environment supports serotonin and emotional well-being.

REMEMBER:



A cat who can hunt, eat, bond, and relax is a cat who feels good—inside and out.



Understanding your cat's brain helps you build a happier, healthier life together. ♥

