



## August Newsletter

### Pets Can Improve Your Health

It seems that it gets more and more difficult these days to find ways to relax. We seem to have neither the time nor the energy to do things that might help us wind down.

But it seems we're overlooking one really effective way to help relieve stress: owning a pet.

Stories about the health benefits of pet ownership have been piling up for years, and these stories have been confirmed by scientific research.

Boris Levinson, an American child psychiatrist, coined the phrase pet therapy in 1964, following observations he made when he began to use his dog in sessions with severely withdrawn children.

Scientists and health care professionals have since put Levinson's theories into practice, and their results have consistently shown that animals can improve morale, release stress, bolster self-esteem and increase quality of life.

Why do pets have such a healing effect? Unlike people, with whom our interactions may be quite complex and unpredictable, animals provide a constant source of comfort and focus for attention. Animals bring out our nurturing instinct. They also make us feel safe and unconditionally accepted. We can just be ourselves around our pets.

It is surprising that it does not matter what the pet is to get the therapeutic benefit. It could be a dog, a cat, parakeet, a goldfish or anything else. The only thing that matters is that the animal is of interest to you.

However, it is important that the pet you have selected fit your temperament, living space and lifestyle. Otherwise, it will be an additional source of stress. So, look over the pet and see whether the chemistry is compatible before you decide to adopt one.

**PETS RULE!!**

### On The Lighter Side



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