

Less Stress Begins with Pets

By *Jasmine Streeter, DVM*
Special to *The Skanner*
News



Dr. Jasmine Streeter, Veterinarian relaxes with her dog Sheba

The 45th president has had a tumultuous start in the last 30 days to say the least. A sense of uneasiness, fear, and stress has encroached itself upon the hearts and minds of many Americans because of recent actions taken by the new administration.

According to an American Psychological Association survey which was released Feb. 15, two-thirds of Americans reported being stressed about the future of our nation. This month, I wanted to spotlight the benefits of pet ownership for reducing stress. Hopefully you are comfy, cozy and cuddled next to

In addition, animals have the ability to increase positive social attention from others. If you don't believe it, try walking down the street with a puppy in Portland and see how far you get without someone engaging you and your dog in conversation.

Pets have been shown to decrease anxiety, stress, fear and lower blood pressure when they were

decreased loneliness and less depression than their counterparts with no animal interaction. In addition, survival rates of pet owners who had previously had a heart attack were higher than non-owners.

If the potential to lower stress, fight depression, and live longer haven't convinced you to cherish your pet, then I don't know what will. The love and loyalty that our

pets give us each day can not be measured. So next time you're feeling wound up, unappreciated or down, take a deep

breath, pull your pet in close and whisper, "It's going to be OK."

I bet your furballs with their wet little noses,

whiskers and sweet kisses will be glad you did..

Send your pet questions to drjasmine@theskanner.com.

“ Staying on task and creating goals were shown to be easier when pets were present


a warm happy fur ball while reading this article.

Not many people will dispute the positive contributions that human-animal interactions have on society. Seeing-eye dogs giving sight to the blind and therapy dogs helping children with autism are just a few examples of how pets enhance our lives. Take a moment to think about your pet, does a fond memory come to mind? Hopefully it does because pets have the ability to make us feel great.

A study published in *Frontiers in Psychology* found that interacting with animals can influence you in a positive manner. Staying on task and creating goals were shown to be easier when pets were present.

present during a stressful situation. Aquariums are commonly placed to reduce anxiety in doctor's offices because of their relaxing effect on patients. (Have you ever watched a scary movie with your cat or grabbed the dog while checking out a weird sound you heard in the bathroom? Don't feel embarrassed, I have too.) Regardless of their size, just knowing your pet is there with you in that moment can make you feel like you can handle anything that comes your way together.

Loneliness and depression have also been lessened by interaction and ownerships of pets. Elderly residents in assisted living and nursing homes that owned pets or participated in dog-assisted therapy reported



SHOWTIMES

The Week of
Friday, March 3 through
Thursday, March 9, 2017

TONI ERDMANN (R) Fri-Thur: 1:15, 9:10	FANTASTIC BEASTS AND WHERE TO FIND THEM (PG-13) Fri,Sun-Thur: 4:30
PASSENGERS (PG-13) Fri,Sun-Thur: 11:50, 7:15/Sat: 11:50	ARRIVAL (PG-13) Fri-Thur: 2:40, 7:30, 10:00
JACKIE (R) Fri-Thur: 11:05, 7:00	HEAVENLY CREATURES (R) Fri-Thur: 4:40, 9:45
MOANA (PG) Fri-Thur: 12:15, 2:15, 5:05	

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Babysitting: Available for children 2 to 8 years old. Fri: shows after 3:30pm and before 8:00pm. Sat - Sun: all shows before 8:00pm. \$9.50 per child for the length of the movie. Call to reserve a spot, no drop ins.



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MAR 18-26

- WORKSHOPS
- CLASSES
- BOOK SALES
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FREE AND OPEN TO THE PUBLIC

What's Happening:

- 18th** DNA DAY 1: Comparing the Three Testing Companies; Basics of Y-DNA and mtDNA; atDNA Basics; Organizing Data & Contacting Matches; Discovering My Birth Family through DNA Testing
- 19th** DNA DAY 2: Convincing Family & Strangers to Test & Why; The Four Autosomal DNA Testing Companies; Examples of How Autosomal DNA Testing Solved Genealogical Problems; GEDmatch; DNA Q & A
- 20th** Start with the Census; Immigration & Naturalization; History of Railroads in the US; Ports & Shipping
- 21st** GFO Website & Catalog; Facebook 101; Facebook 102; Create a Blog
- 22nd** Cemetery Research; FindaGrave.com; Intro to Photoshop Elements; Intro to Heritage Makers Books; GFO's Resources
- 23rd** Mexican History for Genealogists; Intro to Mexican Records; Intro to Probate Records; Intro to Military Records
- 24th** Genealogy Basics; Genealogy for Beginners & More; Using a Timeline; Organizing All That Stuff
- 25th** French Prairie; The French-Canadian Collection at the GFO; Membership Meeting; British Events Leading to Migration
- 26th** Ancestry.com; FindMyPast.com; One-Step Webpages of Stephen Morse; HistoryGeo.com; FamilySearch.org

CHECK OUT OUR ONLINE CALENDAR FOR CLASS TIMES & MORE INFO

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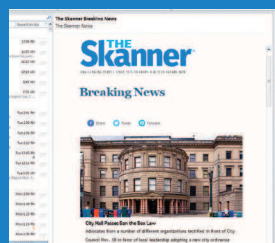
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