

Title:

Animal Doctors: An Alternative Way To Get Stress And Anxiety Relief

Word Count:

547

Summary:

This article features how anxiety and stress can be relieved with the presence of our household pets.

Keywords:

Stress and anxiety, Stress relief

Article Body:

A day's work ends not at "quitting time." After a hard day's work, one cannot just rush home and relax.

There is, however, a great consolation to doing housework. Unlike being in the office, doing housework is a natural stress reliever.

Medical studies show that petting an animal can act as anxiety relief. Having a pet helps lower blood pressure and heart rate.

Studies also say that dolphin vocalizations, or the sound being produced by these continental mammals, can help reduce stress.

Bird songs are also natural anxiety relief as those sounds bring an incomparable sense of calm to the listener.

However, there are still some quarters that criticize the effectiveness of animal-assisted therapy.

Science may not yet hold concrete proof of the benefits of animal-assisted therapy. But the benefits are undeniable.

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