

M A Y 2 0 1 1

# Tails of the River City

How pets can help keep your sanity and health in-check!



## The Power of Pets

When most people think of ways to reduce stress in their lives, they may often think of things like meditation, yoga or even journaling to help them cope. These are great techniques; however, what if you add a new best friend? Having an outlet like this can offer someone many health and stress relieving benefits.

While human friends provide great social support and come with some many fantastic benefits, the benefits of furry friends, such as cats and dogs offer a different set of qualities than our human friends. Research shows that unless you're someone who really dislikes animals or is absolutely too busy to care for one properly, pets can provide excellent social support, stress relief and other health benefits—perhaps more than people! It has been shown in multiple studies that pets can help improve mood, control blood pressure better than prescription drugs, encourage you to get out and exercise, help with social support, stave off loneliness & provide unconditional love, & can even reduce stress (sometimes more than people).

## Find a Friend!

- Angel Dogs:  
(804) 355-7283
- Henrico Humane Society:  
(804) 262-6634
- Greyt Adventures Greyhound Adoptions:  
(804) 330-0259
- Richmond SPCA:  
(804) 262-6634
- F.L.A.G. - For The Love Of Animals In Goochland:  
(804) 342-6975
- Henrico Animal Shelter:  
(804) 727-8800
- West End Cat Rescue / S.A.F.E.:  
<http://www.westendcatrescue.com>
- Shelter Adoption & Rescue Efforts:  
(804) 377-7816;  
<http://sharepets.petfinder.com>

## Celebrate National Pet Month

- **Reward good behavior.**  
Whether human, feline or canine, we all like to be recognized for good behavior. Treat your furry friend and yourself to an extra treat or a trip to the park!
- **Presents!**  
Pets love presents too! Surprise your favorite furball with cool new stuff for feeding, playing and/or grooming. Also, don't forget to treat yourself to a mani/pedi, movie, or sports event!
- **Play Time!**  
Schedule 3 or 4, 5-10 minute play sessions with your pet throughout the day. It will keep you energized, connected, & centered throughout your day. Plus, your little buddy will be thankful!

## Pet Friendly Parks in Richmond!

**Church Hill Dog Park at Chimborazo Park**

**Ruff House Dog Park at Rockwood Park**

**James River**

**Barker Field at Byrd Park**

**Phideaux Field at Forest Hill Presbyterian Church**

**Adopt - A- Pet Finder!**

<http://www.adoptapet.com/animal-shelters>

Cited: <http://stress.about.com/od/lowstresslife/a/petsandstress.htm>  
<http://www.petmonth.com/#ways-to-celebrate>



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