



*Your free and confidential resource for work-life wellness.*

## Unconditional Love of Pets

Whether snuggling with a fluffy pup, stroking a purring cat, cuddling an angora rabbit, or chatting with a parrot, animals bring a multitude of health benefits to their human friends.

Pets bring healthy routine, causing their humans to rise from bed to brush and feed them. They nudge humans to take a brisk walk or run through an obstacle course. They offer companionship in times of sadness or loneliness.

Stroking animals lowers blood pressure, relieves stress, lessens loneliness, and helps humans to socialize with others. Animal antics and cleverness amaze humans. They enjoy being silly and love to make people laugh. They are ready companions and will loyally stand by hurting or ill humans.

People without pets can get the same benefits by volunteering at an animal shelter, by caring for the pet of a friend, or visiting a zoo.

For mental health support beyond a pet's ability, NuVantage human counselors are available to walk with you...but you won't need a harness or leash.

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*Animals are such agreeable friends – they ask no questions; they pass no criticisms.*

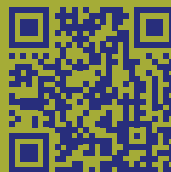
~ George Eliot, English novelist, poet and journalist



Free and confidential.  
After-hours crisis counseling is available.

**800.577.4727**

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Social Service**  
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