



HEALTHY@HARRIS
Caring for ourselves so we can care for others

Healing Power of Pets

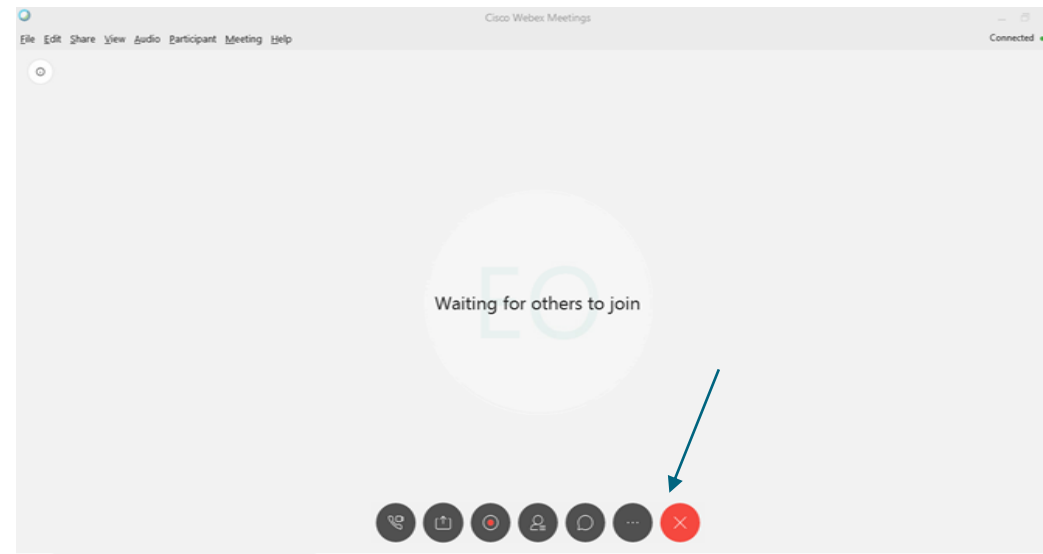
Wellness Workshop

Taught by the Harris Health Employee
Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.



Outline

- Definitions
- Pets and Well-Being
 - Physical
 - Emotional
 - Mental
 - Social
 - Spiritual
- Roles of Animals
- Tips to Improve Well-Being (for people with and without pets)

Definitions

What is a Pet?



Domesticated



Sammie

VS

Tamed



Pets and Well-Being – The Pet Effect

- Physical
- Emotional
- Mental
- Social
- Spiritual



Bella Rose

Physical Well-Being

- People with pets have:
 - Reduced risk of heart attack or stroke
 - Increased physical activity
 - Improved diet
 - Improved blood glucose, cholesterol, blood pressure
 - Improved heart health

Emotional Well-being



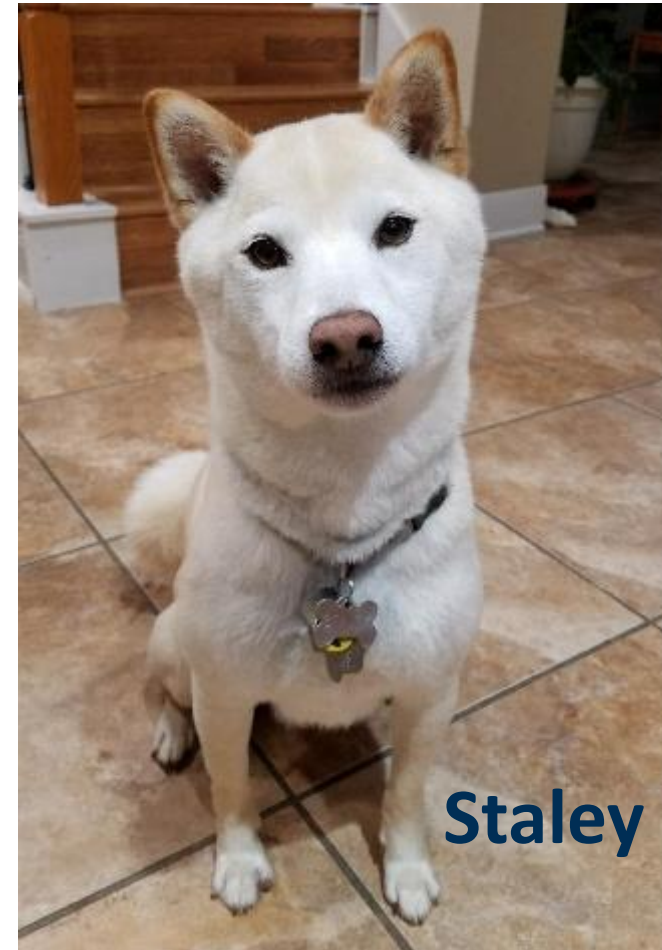
Sammie

Owning a pet can help decrease feelings of stress, anxiety, loneliness and depression.

Oxytocin, a hormone that triggers emotion, increases in both humans and animals during petting.

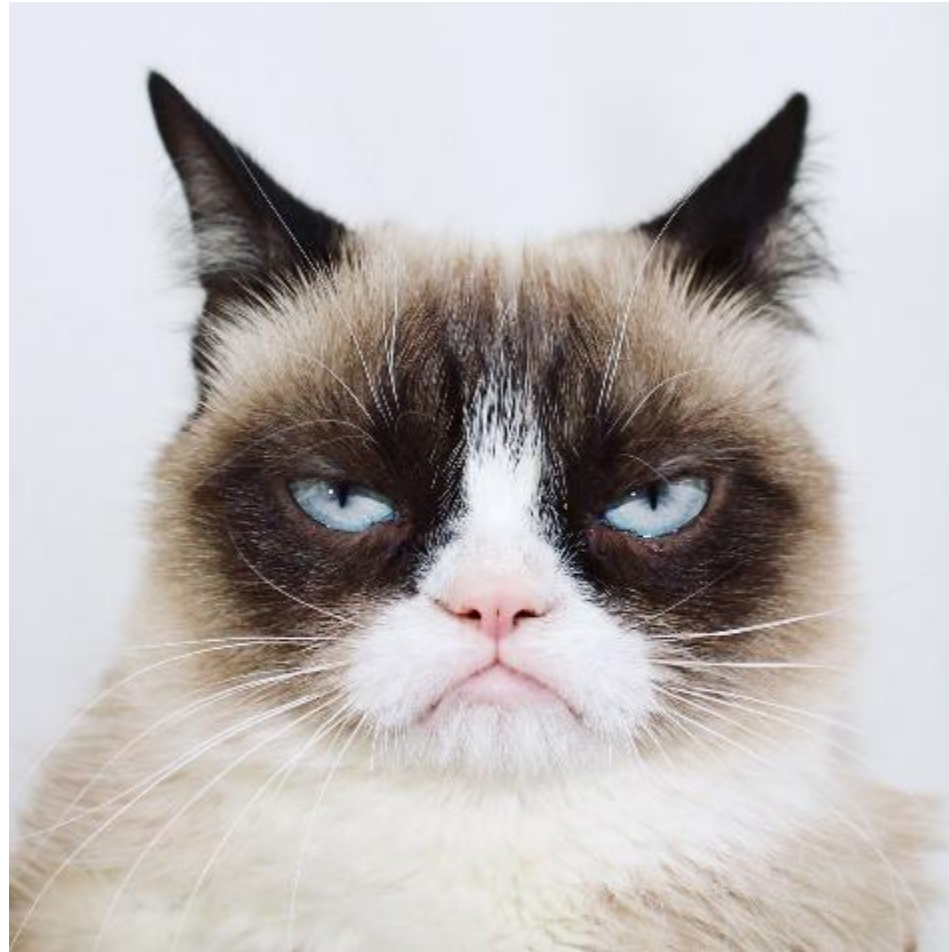
Mental Well-Being

In one study, **74%** of participants reported mental health improvement from pet ownership.



Staley

Social Well-Being



Spiritual Well-Being



Rascal

Duke

Roles

Service



Ther



ort

- [Video: Animal-Assisted Therapy - The Power of Pets](#)

Tips for Improving Well-Being

- Give lots of love and attention to your pet!
- Play and interact
- Take a walk or visit a play area for your pet to explore
- Have pet “play dates” with friends/family members
- Take a road trip and stay in pet-friendly accommodations
- “Petitation” – Pet-centered meditation

Tips for Non-Pet Owners

- Volunteer to “pet-sit” for your friends
- Walk your neighbor’s dog
- Volunteer at your local pet shelter or pet store
- Research nearby therapy animal organizations to see how you can assist with their programs
- Consider getting involved with Paws for Heroes, Patriot PAWS or other programs that help veterans and animals seeking unwavering love and companionship

Resources

Pet Support

- [US Service Animal Registrar](#)
- [Canine Good Citizens Program](#)
- [Human-Animal Bond Research Institute](#)
- [Paws for Heroes](#) and [Patriot PAWS](#)
- [Teaching Animals and Inmates Life Skills - TAILS Project](#)
- [Petitations – Guided mediations to do with your pets](#)

Stress Management Resources

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

employeehealth@harrishealth.org

[Visit our website!](http://employeehealth.harrishealth.org)



#1 in Texas



#6 in America

