

Name: _____

Date: _____

How Animals Reduce Stress in Humans

V A I N T L M O M C O M P A N I O N S H I P Y H
S C H X X O Z X P F R U D I E V A H G S Q O W U
Y F Q W I W M A S Q W R A N B H H D Q I T A C A
N D A A F E U I L B Y I P C G L S G W Y U H I R
O E J X G R E Q O U Z X Q R E U C P Y O L H Y D
N C O O K S K P W V H C U E Q A Q W E X A P S W
J R Z W H B N C S P Z Q K A Y M M Q M V U F I V
U E C P V L S Q H I Z B W S D U W N C Y L F U B
D A S Z X O I T E V O Q R E L I E V E S P A I N
G S C T S O Z T A S Y H I S R G Q L T A J I A D
E E L P C D X L R F U W D E Z R J Y L S B V M S
M S B F N P X O T R H D X N S N C Q H Y G L S Q
E A K V A R W S R C B E C E P C T K U N I V W F
N N O V Z E Z E A C M F U R O I Y I D T G O J L
T X O L A S J W T F D L R G Y N M Q T K V N W V
A I W U A S R E E O O K W Y Y O R S Z L R A V B
L E A A X U Z I S P H L X C Z P I D W U U O L C
H T L V Y R G G L V R H O U S S R P W B Y X J C
Q Y A V K E X H S Y Z B I K Y B J D O B E D J I
P M O T I V A T E S M K C M C W E Z A N V A A V
M P R O V I D E S U P P O R T U A T F Q H D Q Q
A H U R L M A H A E T U E M U W F C B G Z U E P
L N K J O T M B U I L D S C O N F I D E N C E F
X A M W U C R D P P Q U P W X K R L Z F M O A J

lowers blood pressure

builds confidence

decreases anxiety

increases energy

slows heart rate

non judgemental

provide support

relieves pain

companionship

lose weight

motivates