


Unusual way to help someone overcome grief



By

Carmel Aaron/ Carmel's Coaching Corner

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Heber Springs, Ark. -

There are many causes of grief. I believe the worse that I could imagine would be the loss of a very close family member.

Of course we would want to show our love as a way of comforting them, but, what can we do right now to

assist that one to survive that horrible grief?

I was wondering just the same thing lately when an older friend lost her husband of more than 65 years.

I knew you surround them with love, encourage them to keep a good routine, eat properly, and care for their selves, but what could I do to help bring a small ray of sunshine into her life.

In talking to her I asked if she enjoyed pets. I said I did. I wanted to know if she would enjoy a kitten, a puppy or a little bird. Yes, I offered her one of her choice.

In asking questions she expressed a desire for a bird. She has had them, and enjoyed them before.

After a few more questions she decided she would enjoy a colorful little parakeet. They are inquisitive, affectionate, and enjoy people. If properly cared for, they are capable of having a pretty long lifespan.

So, I got her a very young parakeet that is inquisitive, adorable, and loves to ride around on the shoulder of its owner.

Oh, it also has a sunny disposition. Now if it only will stop snowing so I can take it to her.

The whole objective is for her to enjoy it-not me. (Oh yes I am enjoying it)

What are the health benefits of owning and caring for a pet?

Pet owners had lower blood pressure and cholesterol levels than non-pet owners. I am not talking about only the owners of dogs or cats, but also the owners of birds and fish.

Health Insights Today says:

The presence of animals also has a positive effect on people's reactions to stress. Investigators at the State University of New York at Buffalo found that patients with hypertension who owned pets had lower blood pressure levels when put in stressful situations.⁶ Animals' apparent ability to decrease their owners' spikes in blood pressure and heart rate due to stress appears to be more effective than taking ACE-inhibiting medications.

So, having a pet is more effective than taking a medication. That's a win-win situation already.

Some pet owners will tell you a mess and a little effort is a small price to pay for the loyalty, fun, and unconditional affection a pet lavishes on its owner.

A Canadian study of nearly 1,000 adults age 65 and over found that pet owners were more physically fit and less likely to suffer a decline in health in the course of a year.

Just the act of caring for a living thing, making sure it is fed, watered and has a clean environment is healthy for us.

But, giving a pet as a gift is something you must discuss with your friend and only by asking questions will you discover the right answers.

Never get a living pet for someone without first finding out your friend's needs and thoughts on the subject.

Not everyone will want to put up with a mess in their home, and one thing that I know is that most pets do make a mess. Although, I feel the mess is well worth the health benefits and the companionship.

In looking for a pet, please consider checking with our local animal shelter. You can find loyal and wonderful pets there.

For more information please go to: www.Squidoo.com/Pets-Grief-Depression-Loneliness or contact me at:

AWellnessCoach@Gmail.com.

With a little time and effort you could bring a ray of sunshine into someone's life.

(Carmel Aaron lives in Heber Springs, has a degree in biology and has been certified by Proevity in Nutrition and Glycemic Indexing, and takes ongoing Wellness classes. She owns and operates Anatomy Academy Wellness, where she teaches a Certified Wellness Weight Loss Coaching program as a GKCC. To get in touch with Carmel: AWellnessCoach@Gmail.com)

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Why is it that we can't keep pet poultry in town anymore. All your good points seem to have no impact on our leaders who made this terrible law. Besides that they produce tasty eggs which put even more smiles on our faces if only we could have a couple of chickens. This is so unfair. I can have parrots, parakeets, vultures, and penguins but not a chicken.

I have yet to meet anyone who is even against having these useful pets. Maybe if i hung out with these retired Yankees i'd of met some by now.

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