

People should be treated as well as dogs

By Mandy Kendall

It turned out that our puppy's little episodes last week were a symptom of something a bit more serious than a tummy upset. This resulted in us spending pretty much every day for a week at the Carson Valley Veterinary Center.

The care and love we received there was truly inspiring. I say "we" because not only did they take care of our puppy, they also took care of us. There were hugs and tears and laughter, all during a pretty stressful time. Even the staff that was not involved in taking care of us stopped and chatted and rubbed a tummy (the dog's tummy that is).



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I can't say I've ever been in a hospital for humans where that happened. What is it about animals that get us humans to open up and interact so much more freely?

I've noticed during our walks, too, that strangers seem much more comfortable about stopping to chat when you have a dog. Maybe it's the unconditional love that pets are willing to offer with no judgments or -prejudice. A study of 5- and 6-year olds discussed by Jason G. Goldman on The Science Blog showed that those children "more attached to their pets showed greater empathy toward peers."

Could it be that our social constraints prevent humans from being as open and friendly with each other as they would like to be? Do pets provide us that safe space for us to behave the way we really want to behave?

How often do we hear stories or see videos about how emotionally and physically beneficial pets have been to their owners. Pets seem to have a natural ability to accept us for who we are and love us regardless. Wouldn't it be amazing if people were like that? Now I know some people are not very likeable, but what if we treated them as if they were? What if we just appreciated them regardless?

Here are some *Qwik-e* thoughts to take with you:

- Try to approach everyone with an open heart and mind, no prejudgments or agendas, just with love and appreciation.
- If you meet someone who appears unlikeable, just imagine him or her as being friendly and treat him or her accordingly.
- Treat everyone you meet as if they were carrying a really cute puppy.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.