

# Things We Learn from Our Dogs

**H**umans often over complicate life. But dogs tend to enjoy life in its simplest form. Consider learning a few things about dealing with stress from a dog:



- Run, romp and play daily.
- Take naps and stretch before rising.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- Thrive on attention and let people touch you.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt and pout...run right back and make friends.
- Delight in the simple joy of a long walk. □