
RELAX



The stress of college and COVID isolation is real. Relieve this stress and relax with your favorite animal. Whether it is joining a WIU Club on campus, volunteering at the local animal shelter, working at a local veterinary clinic, or choosing an off campus housing option that allows pets, interacting with animals can help you relax.



Animals provide a great form of stress and isolation relief. Whether you are ready to find a pet friendly place to house you and your best furry friend or just seeking a little more time with other people's pets, there is a solution for you in Macomb.

Works Cited

- Smith, John. "Can pets help alleviate stress and anxiety for college students?" Survey, 24 Oct. 2021.
- Walkes, Quinn. "Raining Cats and Dogs - How Pets Can Improve Your Mental Health." Positive Health, Mar. 2020, <http://www.positivehealth.com/article/animals/raining-cats-and-dogs-how-pets-can-improve-your-mental-health>.
- Yuhas, Daisy. "PETS: WHY DO WE HAVE THEM?" Scientific American Mind, vol. 26, no. 3, Scientific American, a division of Nature America, Inc., 2015, pp. 28-33, <https://www.jstor.org/stable/24946447>.



ANIMALS RELIEVE STRESS



Feeling stressed from classes?
Missing your pets from home?
Check out the many
opportunities around Macomb
to interact with animals!



ANIMALS AS A STRESS RELIEF

Studies have shown that interacting with animals can reduce stress, combat loneliness, and improve concentration (Smith, Walkes, Yuhus 30). There are many opportunities in Macomb to interact with animals.



Therapy Dogs at WIU's Malpass Library (photos courtesy of WIU News 2018)

Feeling stressed and isolated?

Need a break from studying?

Missing your pet from home?

Check out the many opportunities in Macomb to interact with animals!

WIU CLUBS FOR ANIMAL LOVERS:

Equestrian Club

Equestrian Show Team

Zoology Club

<https://wiu.campuslabs.com/engage/organizations>



Photos Courtesy of WIU Equestrian Show Team

VOLUNTEER AND WORK OPPORTUNITIES:

McDonough County Animal Shelter

(309) 837-2989 101 E Tower Rd

All Pets Veterinary Clinic (309) 833-2365 722 W Jackson

Animal Medical Center (309) 833-5960 823 E Jackson



Photos Courtesy of McDonough County Animal Shelter

PET FRIENDLY HOUSING OPTIONS:

Pet friendly apartments and condos can be found with a variety of floor plans and amenities for all budgets at:

<https://www.apartments.com/apartments-houses-condos/macomb-il/pet-friendly/student-housing?bb=lu71kok15Jpj9sqsb>



Photo Courtesy of Edison Apartments - Macomb



Photo Courtesy of Pullman Apartments - Macomb