

## Tori Houle, Lifestyle Contributor and Junior Editor

Tori has more than 2 years of experience in the pet health industry and is junior editor of IDEXX's Pet Health Network team.

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YouTuber, [SoulPancake](#), gave us an inside look at a great way to relieve stress. Take a look at what these stressed out pedestrians found inside the "therapy" box.

*If you have any questions or concerns, you should always visit or call your veterinarian – they are your best resource to ensure the health and well-being of your pets.*