Watch the following video and connect the sentences

How do you relax after work?

He relaxes by…	*…experience.*
It releases …	*…petting his dog.*
It reduces…	*…people who have cats.*
It lowers…	*…stress*
It lowers…	*…oxytocin*
You live longer than…	*…your heart rate*
It's a nice bonding…	*…your blood pressure*