Pets and People

There have been many studies that show owning a pet is great for both physical and mental health.

It's hard not to smile when you hear the gentle purrs of a sleeping kitten, see a dog rest his chin on your knee, or feel a puppy lick your face. Some pets are deeply attuned to human behavior and emotions. Just with their presence, they have an uncanny ability to lift our spirits in a way nothing else can.

According to the Mental Health Foundation, "the companionship that a pet offers is a great way to reduce anxiety and stress." It can essentially improve your overall mood, slake your loneliness, and give you a sense of purpose while lowering the chances of drug and alcohol abuse.

Stress, anxiety, depression. Dealing with disorders like these isn't easy, and while professional treatment can make a difference, you need to actively apply healthy coping mechanisms to stay mentally strong. Adopting a pet can help. Petting a dog or cat is an easy way to calm your nerves if you're dealing with stress or anxiety.

Another study by the Cats Protection agency surveyed 600 participants, half of whom struggled with mental health problems. The agency found that 87 percent of cat owners felt their cats had a positive effect on their well-being. In addition, 76 percent said their cats made regular stressors easier to manage.

https://www.therecoveryvillage.com/resources/pet-adoption/