



PET COMPANIONSHIP

HEALTH BENEFITS & HEALING POWER



Pet ownership has been shown to reduce stress, anxiety, depression, and loneliness. That is very encouraging for the approximately 40 million adults in the United States who are affected by depression and anxiety. Here is a look at the science behind healing powers of the human-animal connection.

BOOST MOOD

Oxytocin and dopamine, the neurochemicals associated with positive feelings and bonding, have been observed in both dogs and people.

REDUCE STRESS

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure.

REDUCE LONELINESS

According to a survey by the Human Animal Bond Research Institute, 87% of respondents that interactions with an animal help combat feelings of loneliness.

FIGHT DEPRESSION

Walking increases endorphins, which fight depression. Owning a dog can lead to a daily exercise routine that can help reduce stress levels, increase self-esteem, and help develop better sleep patterns.

When you adopt an animal from a shelter, you're not the only one who benefits from the adoption - you're providing a second chance for a homeless animal.



While pet ownership is no substitute for professional medical treatment, it can provide a boost in your emotional health. For more information visit vbspca.com/pets-make-life-better or namicoastalvirginia.org