



Most households in the U.S. have at least one pet. And that's good news for our emotional health. The pet-human healing bond can help lower stress and bring about happiness.

# Pets Boost Mental Health

The bond between humans and their pets is powerful and meaningful.



Pets motivate us to get outside, exercise and socialize with others. These all play a positive role in emotional health.

Interactions with animals also help people living with depression or PTSD. Pets serve as a healthy distraction, provide a sense of security and routine and offer unconditional support.

Pets, especially dogs, can help their owners become more mindful. Dogs always live in the present moment. They model how to appreciate the joy of what is going on, right here, right now!