

# BENEFITS OF PET OWNERSHIP

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- Pets reduce stress and blood pressure.
- Pets provide unconditional love. They are always happy to greet you when you arrive home.
- Criminals hate dogs. A dog is good personal security when you are out walking and good security for your home when you are not there.
- Walking a dog will help keep you fit and active.
- Pets are a responsibility that give a sense of purpose, boosting your feelings of self worth. If you are feeling inadequate, unsure, or not useful; a pet (any kind, turtle, cat, horse) will boost your feelings of self worth because they are counting on you for their care.
- Pets can provide you with a new social network. Neighbors or strangers are much more likely to approach you and strike up a conversation about your dog when they see you out walking or at the dog park. So if you need a date borrow a dog and get outside, there is no telling who you may meet, maybe your future spouse.
- Studies have shown that heart attack patients who have pets survive longer than those without.
- An Australian and German study found that people who own pets have fewer doctor visits. Saving you money and keeping you healthier.
- Pets prevent you from being lonely. They are great to talk too even thou they don't talk back. Giving you someone to confide in who you know won't break a confidence.
- Alzheimer's patients have fewer anxious outbursts if there is a pet in the house.
- Displaying tanks of brightly colored fish may curtail disruptive behavior and improve eating habits of individuals with Alzheimer's disease.
- Presence of a therapy dog can lower behavior distress in children during a physical examination at a doctor's office and may be useful in a variety of healthcare settings to decrease procedure-induced distress in children.
- Animal-assisted therapy can effectively reduce the loneliness of residents in long-term care facilities.
- Companionship of pets (particularly dogs) helps children in families adjust better to the serious illness and death of a parent.
- Contact with pets develops nurturing behavior in children who may grow to be more nurturing adults.
- Positive self-esteem of children is enhanced by owning a pet.
- Children's cognitive development can be enhanced by owning a pet.
- 70% of families surveyed reported an increase in family happiness and fun subsequent to pet acquisition.
- Children exposed to pets during the first year of life have a lower frequency of allergies and asthma.
- Children with autism have more pro-social behaviors and less autistic behaviors such as self-absorption.
- People who have AIDS who have pets have less depression and reduced stress. Pets are a major source of support and increase perception of the ability to cope.

