

Hey there,

It's a joyous occasion to see your beloved pet leap and bound as it sees you walking through the door after work.

Your pet runs toward you, and you can't help but reciprocate the love by picking them up (if they're pint-sized) or giving them an adoring pat on the head.

It's no mystery that your pet makes you happy, but did you know that science supports the health benefits of pet ownership?

- Pets can help you keep a positive self-identity—they don't judge and accept us fully
- Petting a dog for 20 minutes lowers cortisol levels, which reduces stress.
- Petting a dog also increases the "cuddle" hormone known as oxytocin, which decreases depression and improves trust.
- Owning a dog may lower the risk of cardiovascular disease

If you don't have pets, maybe it is time to check out the shelters around you!

If you want to learn more about how owning a pet can improve your life, read our full article [here](#).