

# *Reasons For Pets*



*By: Yookyong Choi*

*You always have a reason for something.*

*She can put  
a smile on  
your face-  
anytime.*





*Doesn't this dog make  
you want to take him for  
a walk?*

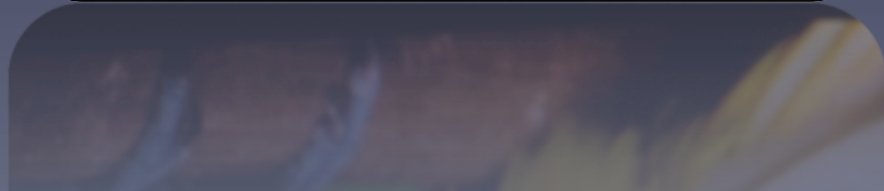


*This is my  
hedgehog.  
He makes  
me feel  
happy.*





*They are just the  
cutest pets to wake  
up to in the  
morning.*



*He looks like he's just  
waiting for you to  
come walking through  
the door.*





*Your pet also  
needs you just  
as much as you  
need him or her.*



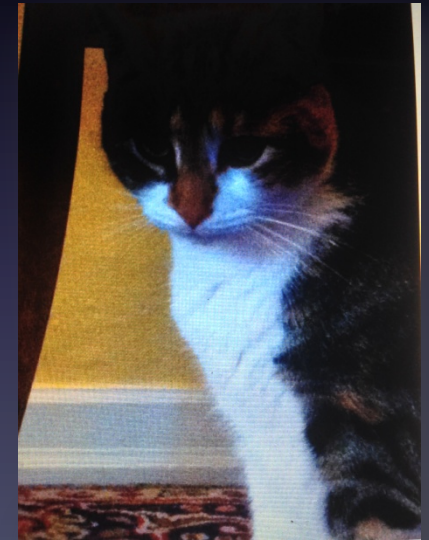
# Why People Have Pets

People own pets for a lot of different reasons, such as health and therapy benefits.

One of the reasons why people own pets is because of the therapy benefits that pets can give them. The pets give you the basic feeling of being loved. Even hardened criminals in prison have shown long-term changes in their behavior after having pets. Stroking, holding, cuddling, or otherwise touching a loving animal can let the owner calm down, and reduce stress.

A second reason why people own pets is because of the mood changes. The companionship of a pet can ease loneliness, and some pets are a great stimulus for healthy exercise, which can substantially boost mood, causing the owner to also reduce stress about loneliness, giving benefits to people who feel lonely, by reducing the stress that they get from feeling lonely.

A third reason why people adopt pets is because it helps you get a health benefits. Adopting healthy lifestyle changes can play an important role in easing symptoms of depression, stress, bipolar disorder, PTSD, and anxiety. Caring for a pet can help with those healthy lifestyle changes by: Increasing your exercise time. Exercise doesn't have to involve boring gym. Taking a dog for a walk, riding a horse, or simply chasing a kitten around are fun ways to fit healthy daily exercise into your schedule. Studies have shown that dog owners, for example, are more likely to meet their daily exercise requirements than non-owners.





A fourth reason why, is because pets can also help you get a healthy life, by providing companionship. Taking care of a living animal can help make you feel needed and wanted, and take your feelings away from your problems, especially if you live alone, and feel lonely. Most people with pets talk to their pets as if they are there family member, sibling, or a friend. But nothing helps loneliness like coming home to see a wagging tail of your dog, or purring cat. Pets help their owners reduce anxiety. The companionship of an animal such as a dog can offer comfort, help ease anxiety, and build self-confidence for people anxious about there life. Pets help you add structures and routines to your day. Many pets, especially dogs and cat, require a regular feeding and exercise schedule. No matter how you feel, pets always gets you to feel that you always have to get out of bed to feed, exercise, and care for your pet. Pets can also help provide sensory stress relief. Touch and movement are two healthy ways to quickly manage stress. This could involve petting a cat, taking a dog for a walk, or riding a horse, or petting your bird.

Children who grow up with pets have less risk of allergies and asthma, and many also learn responsibility, compassion, and empathy from having pets. Unlike parents, pets don't give orders. Having a pet can help ease separation anxiety in children when mom and dad aren't around. Studies have also shown that pets can help calm hyperactive or overly aggressive kids. Of course, both the pet and the child need to be trained to behave appropriately with each other. Children and adults alike can benefit from playing with pets, which can be both a source of calmness and relaxation, as well as a source of stimulation for the brain and body. Some children with autism or other learning difficulties are better able to interact with pets than people. Autistic children often rely on nonverbal cues to communicate, just as pets do. And learning to first connect with a cat or dog, for example, may even help an autistic child in their interactions with people.

