

The Mood-Boosting Benefits of Pets

MAY 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL

Benefits of owning a pet:

- Less acute symptoms of depression
- Lower blood pressure in stressful situations
- Increased dopamine and relaxation
- Better overall health. Did you know that pet owners over age 65 make 30 percent fewer visits to their doctor than those without pets?



Want to be a pet owner? Here are some options:

- Head to your local animal shelter and visit the pets available for adoption
- Find an ethical, responsible breeder and visit the pets available
- Go to your local pet store
- Ask friends and family if they know of available pets for adoption

Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!