

## The Healing Power of Pets

Spending time with pets isn't just fun – it's also good for your health! Studies have shown that interacting with animals can improve physical, emotional and mental wellbeing. This is why some hospitals and old age homes invite specially trained animals to visit their patients and residents.

Playing with pets, like dogs or cats, can help people stay active. Walking a dog encourages regular exercise while playing fetch or grooming your pet gets your body moving. Pets can also help lower blood pressure and improve heart health by reducing stress levels.



Spending time with animals can make people feel calmer and happier. Stroking a cat or playing with a dog releases chemicals in the brain that reduce stress and boost your mood. Pets also provide companionship, especially for people who feel lonely or isolated. They can be a source of comfort during difficult times.

Animals are not only wonderful companions at home but they are also brought into hospitals and old age homes to help people feel better. Therapy dogs, for example, visit sick children to cheer them up. In old age homes, cats help elderly people feel less lonely. Pet visits also bring smiles to everyone's face and increase a sense of joy.

Animals have long been an integral part of the whole human body, mind and spirit. They are always there to cheer us up and help us feel better. By making people feel loved and cared for, pets can reduce a lot of stress and mental suffering.

Whether it's walking with a cat, walking a dog or watching fish swim in a tank, spending time with animals has many benefits. Pets not only bring happiness but also contribute to better health. That's why animals are becoming an important part of many healthcare services and initiatives.



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# Healing Power Of Pets

**Raffaela Di Napoli**



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