

# Weekly tip: the positive power of pets

Tictrac | Oct 4, 2021



**There's a good reason why the internet is obsessed with cute animals. Research has shown that spending time with animals can have a significant positive effect on our mental health and wellbeing[1]. From relieving stress and anxiety to alleviating some symptoms of depression, the positive power of animals is undeniable**

But what if you don't have a furry companion of your own? Don't fret, there are still plenty of ways that you can experience the happiness associated with being around animals.

- **Take a mindful walk in your local park** - study the nature and wildlife around you and of course, make friends with any dogs you see along the way.
- **Volunteer at your local animal shelter** - rescue animals need lots of love and attention, so why not see if your local animal shelter is looking for volunteers? This way you get to spend time with animals and benefit from the extra wellbeing boost that comes with doing good.
- **Get help from technology** - there are plenty of apps and social media groups that can help connect you with pet owners who might be looking for help walking their dog, looking after their cat, or even feeding their fish! Have a look and see what is available in your area.

And finally, if you're struggling to find animals to spend time with, don't fret. Looking at animal videos online provides a healthy dose of happiness too [2]!

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1. [How Pets Affect Mental Health](#). WedMD, July 8, 2021.

2. [Stress-Relieving Benefits of Watching Cute Animal Videos](#). Verywell Mind, September 17, 2020.