

Emotional Benefits of Pets

#Paws4MentalHealth in March



84%

of pet parents say that their pets have a mostly positive impact on their mental health



Two-thirds

of pet parents say that their animals:



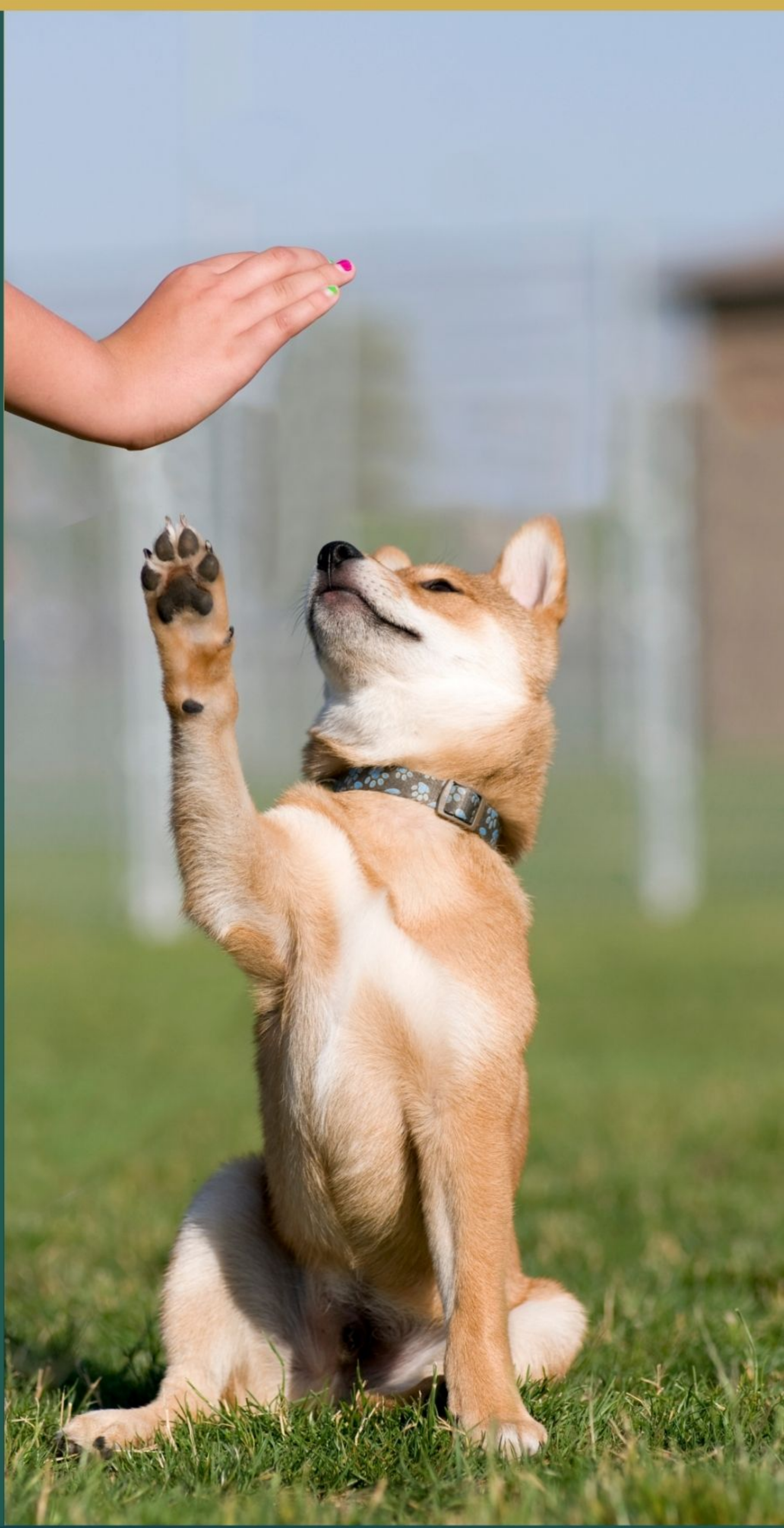
Offer companionship



Are a true friend

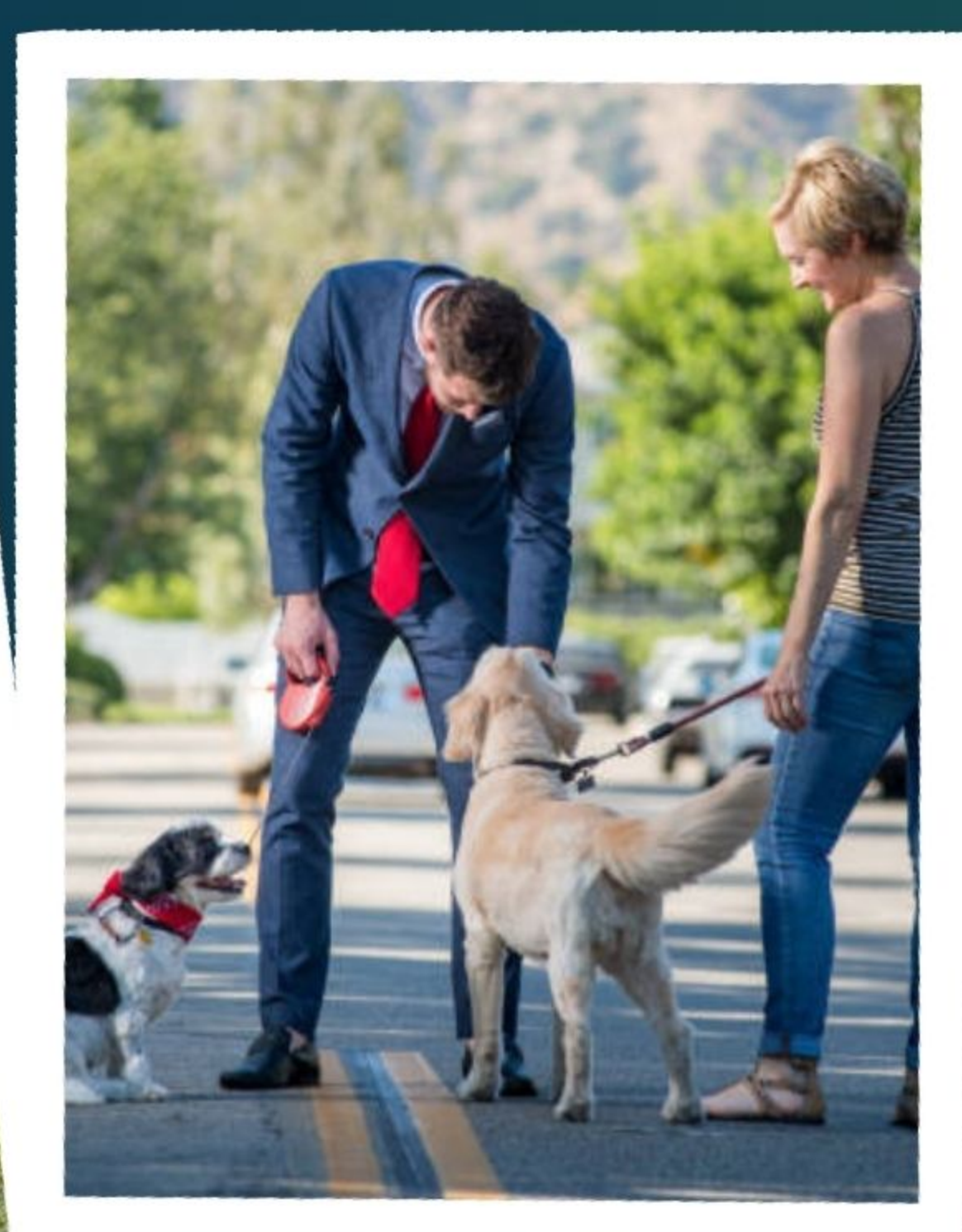


Provide unconditional love and support



What Our Pets Do For Us

Provide a calming presence	62%
Help reduce stress and anxiety	62%
Encourage us to be physically active	35%
Add structure to our schedule	29%
Increase social connections with others	19%



Pet Parents' Top 3 Worries



76%

a pet aging or passing away



67%

their pet's health conditions



67%

their pet's care when traveling.

WagWay
GROUP

Source: APA Healthy Minds Monthly Poll and AVMA