

Multiple benefits between pet and owner

In almost every third household in Ireland pets are keeping people company. They are loyal, cuddly, alert and comical companions and they exert a positive influence on our well-being. Experts from the specialist retail chain Maxi Zoo explain how pets can have a positive influence on people of all ages.



GOOD FOR THE SOUL

Animals impart warmth, closeness, security and comfort. It's not only children who appreciate this, but adults too when they return home, for instance, after a stressful day's work. For many, when a dog or cat starts fussing around their legs wagging its tail or purring, things immediately start to look brighter. This recognition is unquestioning and doesn't have to be worked hard for. The animal needs the human and the latter tends to it - strengthening the feeling of self-esteem. Moreover, it provides variety for single or old people, brightening up their everyday life.

RELIEF FROM STRESS

Having an animal in the house helps in coping with and relieving stress - countless studies have shown this. The peacefulness and even temperament of a cat in particular is passed on to their owners. That's because the latter are only too pleased to identify with the graceful creature they see before them. Stroking also provides peace and contentment.

DEMONSTRABLE EFFECTS

Scientific studies have proven time and again just how beneficial animals are for human health and well being.

Pet owners pay fewer visits to the doctor than those who haven't cultivated a bond with an animal do.

People overcome stressful situations more easily when they know they have an animal by their side.

Quality time TLC between pet and owner lowers the blood pressure, slows the pulse and stabilises the circulation.

Children with pets cope better with difficult situations for a given age.

For those with heart ailments this contact with animals relieves stress, reduces anxiety and strengthens the heart /lung functions.

SOCIAL CONDUCT TRAINING

An animal satisfies our basic need for contact and emotional bonding – this helps us in our dealings with other people. Above all, children learn to take on responsibility where there is an animal member of the family. Shy kids too, benefit from such a relationship – it strengthens their personality and gives them confidence.

IMPROVES COMMUNICATION

Whether it's walking the dog together or puzzling out an adventure park for guinea pigs - family members become closer and chat more naturally because of pets rather than spending an evening watching TV. Even strangers are more ready to chat because of your pet.

The benefits of having a pet are paramount but they also come with daily costs and duties. Especially when they may be a spontaneous Christmas gift, it can be a burden to the new owner and the pet may end up on the street or in an animal sanctuary. Maxi Zoo experts recommend not giving pets as presents. Purchasing an animal needs to be planned carefully in advance and everyone in the family must be made aware of what's required to meet the pet's needs.

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