

You'll Bond Incredibly Well with Your Pet When You Open Up to This

It's easy to get moving so fast you gloss over the biggest blessings in life. And your pet wants to hand you these five on a silver platter. After all, she loves you. And here are the five grandest ways she's yearning to express them to you. Are you paying attention?

Reviewed by [Dr. Becker](#)

STORY AT-A-GLANCE

- As the year winds down, it's a good time to count the many ways our animal companions enrich our lives and warm our hearts
- There are many blessings that come with parenting a pet, among them, the gift of unconditional love and steady companionship
- Studies show that interacting with pets can be more beneficial than interacting with friends
- Just the simple act of petting a cat or dog can reduce cortisol levels and trigger a release of endorphins
- Our animal companions experience each moment as it arrives with enthusiasm and joy, and so can we if we follow their lead

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As the year rolls to a close, it's a good time to reflect on the blessings our precious animal companions bring to our lives all year long.

5 Everyday Blessings We Receive from Our Pets

1. **Blessing No. 1: Unconditional love**



Our pets offer us the very definition of unconditional love. They accept us just as we are, every minute of the day. They love us when we're away, and when we come home. They love us when we're mean, mad, sad or

impatient. They love us when we're attentive, and when we ignore them. A pet's love is consistent and eternal, and serves as an ever-present reminder that we are needed, valued and worthy.

2. **Blessing No. 2: Friendship**



It's no surprise the title "Man's best friend" refers to our canine companions. Our dogs (and cats, and hamsters, and birds, and turtles, etc.) are great company. They help us feel less lonely, disconnected and isolated.

We learn to communicate in ways our animal companion understands, and in return, they make great sounding boards when we're confused or upset or just need a pal to talk to.

3. **Blessing No. 3: Improved mental and physical health**



Our pets can positively influence our health. Studies show pet ownership can help lower blood pressure and cholesterol levels, improve cardiovascular health, relieve the depression associated with serious illness and improve survival rates after a heart attack.

Pets also give us something to live for and focus on beyond ourselves. It feels good to be needed, and being needed motivates us to stay well.

Studies show that interacting with pets can be more beneficial than interacting with friends. Human friends can be judgmental, but your four-legged buddy accepts you exactly as you are in every moment of your life together.

Part of the reason we connect so deeply with animals may be their emotional depth. Many animals mourn, cry

and demonstrate other emotions. If you share your life with a pet, you know the love he or she feels for you is intense and enduring.

4. **Blessing No. 4: Relief from stress**



Many of us live very busy, stressful lives, and while there are lots of good ways to reduce stress, coming home to a pet is certainly one of the best. Playing with your furry or feathered companion is a great way to relax and release all that pent-up anxiety.

Just the simple act of petting a cat or dog can reduce cortisol levels and trigger a release of endorphins.

5. **Blessing No. 5: Living in the moment**



Most of us tend to spend a lot of time looking back with regret, or feeling apprehensive about the future. Meanwhile, we miss the here and now. Our pets, by their example, help us to stay present — to live for today. Our animal companions experience each moment as it arrives with enthusiasm and joy, and so can we if we follow their lead.

Sources and References

[SelfGrowth.com](https://www.selfgrowth.com) (Archived).
