



Bolster positivity

Even brief interactions with pets increase the body's level of oxytocin, a brain chemical that increases humans' ability to solve problems and create meaningful social interactions.



Got a pet? Ensure you make time to play with it every day for at least a few minutes. Don't have an animal to call your own? Look into the possibility of fostering a pet or 'borrowing' one from owners local to you, to ease their load and reap the benefits yourself. Apps like [borrowmydoggy.com](https://www.borrowmydoggy.com) can help, or contact your local rescue centre to enquire if they need volunteers.