

# WHY DOGS MAKE YOU HAPPY



Us doggos bring hoomans so much joy on the daily. But do we actually make you happier? The research says, pawsitively yes! Spending time with us boosts your production of "happy hormones" such as ocytocin, serotonin, and dopamine. Having us around improves your sense of well-being, reduces loneliness, and improves self-esteem. Even better, research says you could live longer. Here are more reasons why, doggos make you happy:

by Sebastien

## 1 WE MAKE YOU SMILE

They say you should act the way you want to feel. So if you want to feel happy, you should put a smile on your face and that in itself will induce the emotion. Well, there is no reason for that silly exercise when a doggo is nearby. First thing in the morning we are spinning around, wagging our tail, and nuzzling your face. Try not to start your day with a smile!



## 2 WE LOVE YOU BIG TIME

There is no hooman who can love you quite like we do. We often fill that void you didn't even know you had. There is something about our loyal voice-less nature that gives you exactly what you need. Actions speak louder than words and we show up every, single, day.



## 3 WE LOWER YOUR STRESS

We all know stress causes every bad thing in the book. You can't avoid it but you can pet your stress away by cuddling us! Spend just 10 minutes with a doggo and you can reduce your cortisol levels. Hoomans have an innate need for touch and laughter so playing with us is even better than yoga.



## 4 WE BRING YOU FRIENDS

We doggos are the ultimate conversation starter. Dog owners love to talk about their fur babies all day long and it's totally appropriate to start a convo with a perfect stranger (and their corgie) on the street. My hooman has met half of Los Angeles already, because of yours truly! We help create a sense of community.

friends

## 5 WE GIVE YOU NATURE

Getting outside is good for so many reasons. A nice walk in the sun will boost your mood, improve your short-term memory, stimulate creativity, and give you an immune boost. Just follow our lead. Feel the sun, smell the smells, and give a warm hello to everyone you see.



## 6 WE BRING YOU PEACE

A doggo a day, keeps the therapist away. Just kidding, therapy is pawsome but your furry friend is also good for mental health and adds structure to your daily routines. Aka, we give you a purpose! We also remind you to be present which reduces anxiety and brings joy.



## 7 WE KEEP YOU ALIVE LONGER

Research says us doggos reduce your chance of death (from any cause) by 25%. You're welcome! We help you recover from illness faster and many doggo owners live much longer than sad dogless hoomans. Partly because we drag you outside and make you exercise!



## 8 WE IMPROVE SELF ESTEEM

Doggos know how to make hoomans feel like winners. It feels good to feel appreciated and us doggos know how to turn on the gratitude. We'll act like you are the best thing since sliced bread if you serve us breakfast. And we will dance like it's Christmas every time you walk in the door. And we will be oh so sad when you leave. So yeah, that feels good.

