
Manage emotions

Explore the positive power of pets

Enjoy time with a furry friend to relax and feel good. Spending time with animals may reduce anxiety, promote calm and your happiness too.

💡 Remember you don't have to try it, and you can stop at any time.

Step 1

Plan some free time in your day, ideally around 15 minutes.

Step 2

Spend that time with an animal. This could be your own pet or even just time to watch some funny animal videos on YouTube.

Step 3

Afterwards, notice how it impacts your general mood.

Step 4 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌