

THE INDUSTRIAL ATHLETE DIGEST

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TO PET OR NOT TO PET?

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Thinking of getting a pet to brighten your mood? When the workday is tough, there's nothing quite like coming home to a wagging tail or playful energy of a pet. In 2023, **66% of Americans** own a pet of some kind. After all, if you like animals, research studies show interacting with an animal can:

- Temporarily lower cortisol (a stress hormone in your body)
- Improve your reactions to stress
- Lower blood pressure, cholesterol, and allow some owners to survive longer with heart-related diseases
- Increase social support

PAWS AND CONSIDER

If you are going to get a pet, be sure to pick one that brings you joy and fits your lifestyle, as research shows **the benefit comes from how YOU feel about the animal and the amount of quality time spent together!**

Most studies agree to get the benefits for your mental and physical health, you need:

- the right pet,
- at the right time,
- and to invest your energy/time in the relationship.



READY TO WOOF RIGHT?

How do you know if you're ready? Also, how do you get the benefit if you aren't ready to own a pet? Try one of these things to see if you're ready and lift your spirits and theirs along the way!

- Borrow a pet! Ask family, a neighbor, or friend if you can pet sit, walk their dog, or just spend time with a pet you like.
- Volunteer at a shelter, rescue, or farm.
- Find a group that participates in sports/training related to your chosen pet.
- Prepare well for your pet if you decide to get one: plan, budget, prepare your home, educate yourself.

Pet ownership can have significant *pawsitive* effects on industrial athletes' mental health and job satisfaction, which in turn can lead to increased productivity and improved workplace outcomes.

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

