



# PETS AT WORK

Benefits of a pet-friendly workplace.

A 2021 Petco consumer survey found that 83% of pet parents had minimized stress levels due to working from home in close contact with their pets, and 56% have anxiety about returning to work without their animal companions.\* That's why it's never been more important to consider going pet-friendly.

\*Source: Statistics from 2021 Petco consumer survey of 2,001 U.S. pet parents.

## BRINGING PETS TO THE OFFICE CAN:

### IMPROVE EMPLOYEE PHYSICAL HEALTH

- Multiple studies show that the presence of friendly animals can reduce heart rate and blood pressure.
- Simply petting an animal lowers blood pressure and cholesterol.
- Viewing fish in aquariums can lead to noticeable reductions in blood pressure and heart rate.
- One study found that dog and cat parents made fewer annual doctor visits than people without pets.
- Research shows petting an animal can significantly increase salivary immunoglobulin A (IgA), an indicator of good immune system functioning.



### REDUCE STRESS

- Multiple studies link interacting with pets like cats and dogs, as well as observing animals like birds and fish, to positive changes in self-reported anxiety and calmness.
- A study of a pet-friendly retail business found employees' self-reported stress levels declined when their dogs were present.



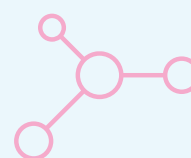
Research shows interaction with a friendly pet, specifically a dog, positively affects endocrine responses, including changes in the levels of:



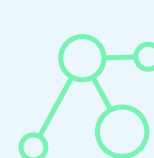
**CORTISOL**  
Often called the stress hormone



**EPINEPHRINE**  
Aka adrenaline



**NOREPINEPHRINE**  
A stress hormone that triggers the fight-or-flight response



**SEROTONIN**  
A neurotransmitter that regulates mood, sleep, arousal, appetite and more

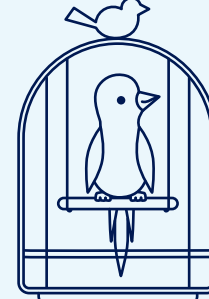


- Work environments without pets showed higher levels of stress among non-pet parents, as well as pet parents, who had to leave pets at home.
- Stress significantly increased during the day for dog parents who left their pets at home.

#### IF AN EMPLOYER HAD A PET-FRIENDLY POLICY:

- 58% believe it would help alleviate stress while at work\*
- 52% would be likely to stay at their employer longer\*
- 47% believe it would promote better work productivity\*

\* Source: Statistics from a 2021 Petco consumer survey of 2,002 U.S. pet parents.



### INCREASE PRODUCTIVITY & PROMOTE CREATIVITY

- Dogs remind us to get up and take breaks, which have been shown to improve employee morale, productivity and focus.
- Breaks with dogs often involve walks outside.
- Research shows walking, especially outdoors, increases creative ideation in real time and shortly after.
- Employees don't have to worry about their pets going too many hours at home without bathroom or exercise breaks.
- Pet-parent employees may be able to stay and enjoy office happy hours or other activities rather than rush home to be with their pet.

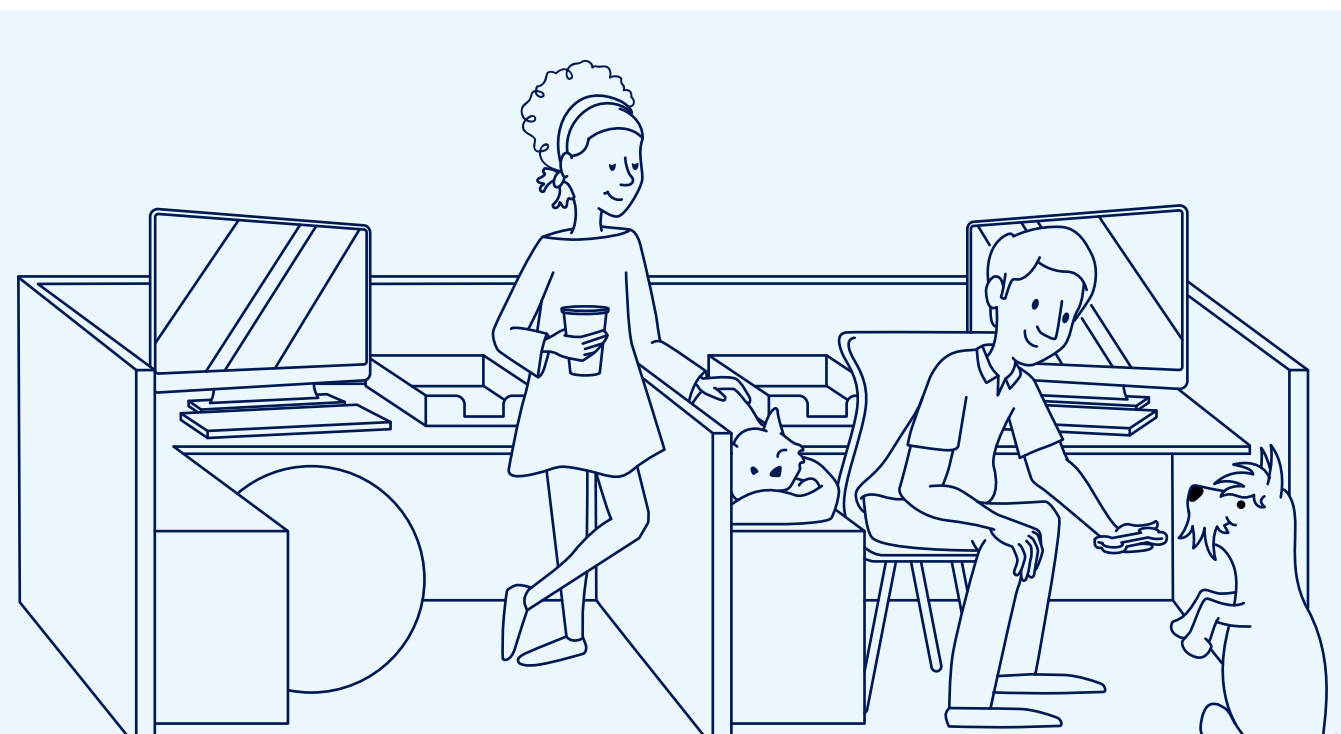
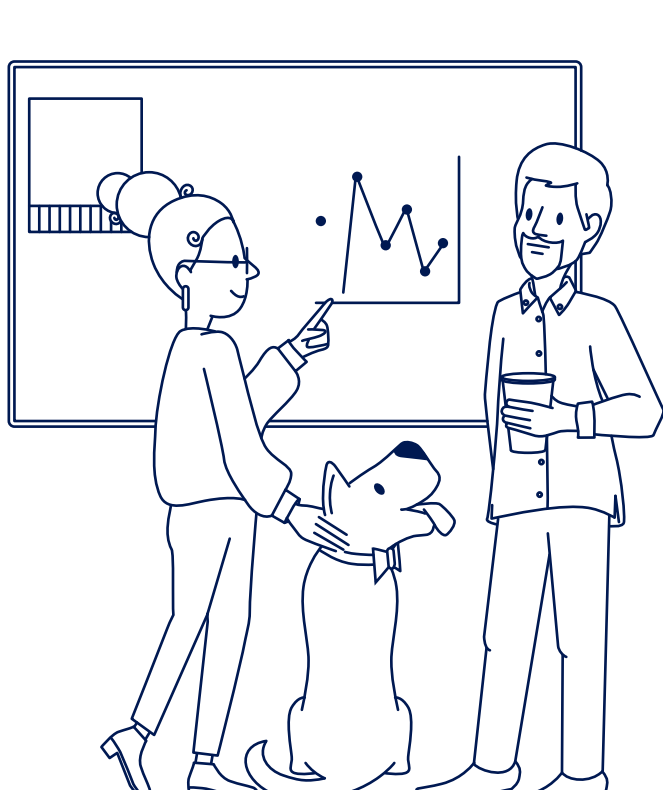


42% of pet parents found working from home with their pet gave them a more positive feeling about their job and 39% say it boosted their creativity.\*

\*Source: Statistics from a 2021 Petco consumer survey of 2,001 U.S. pet parents.

### ENHANCE SOCIALIZATION AMONG COWORKERS

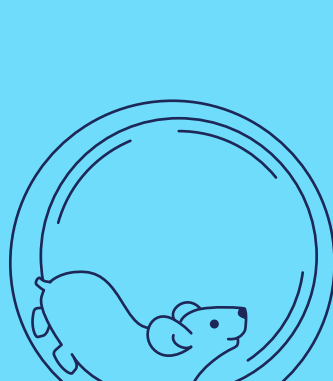
- Multiple studies show pets can act as catalysts for human social interactions.
- Just being in the presence of pets can increase the frequency of social interactions, especially with strangers.
- A series of workplace experiments showed employees were more likely to trust each other and collaborate more effectively when dogs were present in a group.



Bringing your pet to work not only benefits you and your furry (or non-furry) friend but also your employer. Pets can add to the sense of workplace community, act as a conversation starter and provide comic relief. And a pet-friendly policy can boost team morale, reduce stress and serve as a differentiating employee perk.

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