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Bringing a Pet to Work Reduces Stress

Jun 16, 2014

by: [Pet Age Magazine Staff](#)



A new survey conducted on behalf of Wellness Natural Pet Food found that bringing pets to the workplace can improve health.

Twelve percent of American dog owners are currently allowed to bring their dog to work. A majority of them feel that it helps reduce stress and improves their mood. Forty percent of dog owners think that having their pet at work will also make for a more positive work environment.

"Some employers have even gone as far to create a formal 'petiquette' policy," Chanda Leary-Coutu, senior marketing communications manager for Well Pet said.

The same survey found that a majority of dog owners say that their pet makes them much more social. An even bigger number of dog owners stated that they get more exercise with a pet.

A whopping 81 percent state that their dog helps reduces stress. If you are in the lucky 12 percent who are allowed to bring their dog to work, it is national "Take your Dog to Work Day," on June 20, 2014.



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