

# Advantages for having a dog.

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Dogs, simply put, are a man's best friend. These animals are extremely loving and loyal. Both humans and dogs are happier when they are around each other. A lot of dog owners make their dogs part of their family, treating them as one of their children. Numerous benefits come to owners: responsibility, companionship, mental health benefits. The top reason people adopt or bring a dog into their lives is for companionship. When I had a dog, I came home from school to find him waiting by the front door, wagging his tail in the most happy fashion.

I did not know if he was so animated because he had done something in the house or he really needed to go outside to relieve himself, but it made me happy knowing he was there. Being with my dog, I never felt alone; in fact, just walking from room to room in my house, I was always followed. In a funny way, my dog was like my very own stalker or sidekick. The loyalty of dogs is amazing; they always want to be by your side, even when you have had a bad day or are just feeling down. When you bring a dog into your life, you also take on commitment and the responsible tasks of chores for your dog.

My Dad always told me that in addition to playing with him, I had to learn to take responsibility for walking, feeding, and grooming our dog. Teaching me this early in my childhood showed me the importance of caring for and taking care of my belongings, as well as a living creature. Taking my dog to the park is a great ice breaker with women, since seeing that I take care of my dog shows that I can take care of my own life. When I took that step to own a dog, it affected my mental and emotional well-being.

I never had that feeling of being alone, with that I was always grateful for having my companion along with me. I researched the health benefits of having a dog as a pet and being alone all the time can lead to depression by having a dog, can help cure the depressed state that you may experience. Also medically the brain releases serotonin and dopamine hormones which give moments of pleasure and calmness. I felt happier in which gave me a better mental wellness, but who wouldn't want a lower stress level in their lives.

If you are not ready to commit to taking care of an animal like a dog because it is too expensive or it is just too big of a commitment, then perhaps this is not the best plan for you. Making the decision to bring a dog into your home is life-changing, and has to be one you are ready for, like buying a new car or finding a new girlfriend. Dogs are calming, accepting animals that offer unconditional love and kindness, as well as many health benefits. So, if bringing a dog into your life is what you want, you will not regret it at all.