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SUMMARY

In a world full of competition, in pursuit of fulfilling our needs and enjoyable lifestyles, we prioritize physical fitness, neglecting our mental health. Mental well-being is the cornerstone of our basic well-being, encompassing emotional, mental, and social components that profoundly impact our everyday lives. Mental wellness is an essential issue of a fulfilling and balanced lifestyle.

Although the exact reasons for mental wellness are not known through some research, it is becoming clear that it is caused by a combination of biological, psychological, and environmental factors. Factors like trauma, abuse, childhood experiences, poverty, social isolation, exposure to violence, etc can increase the chance of growing mental health. Traumatic experiences like accidents, loss of loved ones, or sudden life changes can have long-term effects on mental health. It's very important to recognize that mental well-being is a complex and multifaceted element of standard health. The interaction between genetic, biological, mental, social, and environmental factors shapes a person's mental well-being. Poor mental health can lead to stress, anxiety, mood swings, irritability, sadness, and others. It also plays a very important role in cognitive abilities like attention, memory, decision-making, learning, and problem-solving. Since mental health and physical health are interconnected, poor mental health can lead to different issues like headaches, digestive problems, weak immune systems, disturbed sleep patterns, and other health issues. Poor mental health can affect relationships and social interactions. If severe mental health conditions are not treated it can lead to suicidal thoughts. It is important to understand the profound effect of intellectual health on various elements of existence and to prioritize intellectual well-being through self-care, seeking support when needed, and promoting intellectual fitness focus and access to suitable mental health offerings.

While the whole world is competing to fulfill their needs and improve their lifestyles, we are forgetting about the animals who have been neglected and are forced to live in the streets and suffer from hunger and various diseases. Animals have been an integral part of our lives. They have helped people in different ways. They are a wonderful part of our lives. They give us unconditional love, make us laugh, and bring joy to our lives. They bring us sorrow when they leave us but leave us with the best memories of true friendship. But many animals are homeless and suffering a lot on the streets. The only solution to reduce stray animals is to encourage adoption. Due lack of animal shelters and awareness about strays is one of the problems in India. Animal shelters play a very important role in spreading awareness about these stray animals.

Animals help people in their therapies. Mainly dogs are used for therapy. Studies have shown that dogs reduce stress, anxiety, and depression; ease loneliness; encourage exercise, and improve your overall health. People with pets tend to have lower blood pressure. Interacting with a therapy dog can create comfort, emotional connection, and companionship. The presence of the non-judgmental and supportive animal can help us to express emotions easily and help to build trust. Dogs have been shown to have a calming effect on us promoting relaxation and also by reducing stress. Not only dogs are used for therapy, but animals like cats, horses, small mammals, and birds are also used. Dogs have been used as a therapeutic resource by many medical professionals over the last few centuries. Their closeness increases the oxytocin production and levels of serotone which reduces stress and lower blood pressure. Connecting people and dogs not only treats people but also helps dogs to socialize and stay happy.