

Why Having a Pet Can Be Beneficial to Your Relationship



By Bernadette McCadden and Laura Seaman

Having a pet can be extremely beneficial in creating and maintaining a healthy relationship. A study of 240 couples by the University at Buffalo found that those who own cats or dogs “have closer relationships, are more satisfied in marriage, and respond better to stress than couples who do not.” But as with anything in life, there *can* be too much of a good thing. While many couples thrive when raising a pet together, some couples overwhelm themselves with the responsibility.

If you and your partner are in a new relationship, having a pet can give you fun things to do together. If either of you have a dog, take the pup out for late night walks together or pack a picnic and enjoy a day in the park! If you are already in a serious relationship and are thinking about starting a family, getting a kitty or puppy can be a great next step. It introduces you to the idea of focusing your time and energy on helping something other than yourself grow. Consider these two couples for some celebrity inspiration!

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Ellen DeGeneres and Portia de Rossi: This blonde-haired, blue-eyed couple makes for adorable pet parents. DeGeneres has gushed about their animals on her show, and the couple can often be seen taking care of their funny friends. Their fuzzy entourage includes cats Charlie, George, and Chairman and dogs Wolf and Mable. The TV star loved animals so much that she wanted to be a veterinarian when she was younger, but everyone can agree that she makes a great entertainer!

The comedian once told her viewers a funny story about a time when she came home and talked to her cat over the intercom to let it know she was home. She didn't think it was weird, but her wife just stared and asked her, "Did you just intercom the cat?" She replied, "Well yeah, it's the same thing as calling out. I was just using an intercom."

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Mary Tyler Moore and Robert Levine: The actress and her husband take Moore's passion for animal rights to a personal level. The couple has 11 horses and 2 goats at their home in the country. They also have two rescued dogs, a miniature schnauzer and a golden retriever. Six of their horses are rescued as well, with two of them being "cop" horses that weren't cut out for the force. "They are just out to pasture and have nothing but a good time, eating their heads off,

romping, and frolicking and just doing all good horsy things,” said Moore in an interview with *The Pet Press*.

Levine had a part in naming their miniature schnauzer Shana Meydela, as his Jewish heritage helped them come up with the name. Put together, Shana Meydela means “pretty girl.” The couple later adopted their dog Shadow, the golden retriever.

How has having a pet affected your relationship? Let us know in the comments!