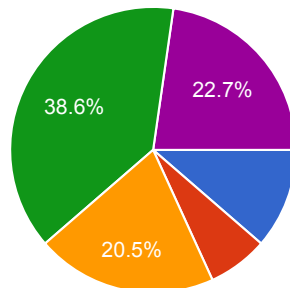


46 responses

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Summary

How stressed are you ?



1	5	10.9%
2	3	6.5%
3	9	19.6%
4	17	37%
5	10	21.7%

What are other ways your relieve stress?

Exercise, reading, smooth jazz, meditating

Walking, spending time with friends and family, reading, drawing and listening to music.

Exercise, reading and running.

Sports, sleeping, music, and writing.

Listen to Music,smokeing [REDACTED]

Honestly, I read manga (japanese comics), watch cooking videos/read cookbooks/and do my capstone (container gardening website).

Running, Music

I watch tv, for hours and forget about life for a while.

Dance, sleep, pretend everything's fine

listening to music

Playing with kittens and taking naps.

tea, read and write, eat, play chess, listen to music

I run and do yoga, I go on walks and take baths.

By spending time with my family and boyfriend

Music, working out, sports, hanging with friends, and sleeping.

Pray to Jesus, dance, talk about it, sleep, and JUST TO DO the thing that U I am stressed about about.

Sleeping, watching movies, avoiding responsibilities.

Music, basketball, talking it out.

Sports

I clear my mind. And do this one at a time.

I normally just try to be more carefree, and do what makes me happy. If I am sad, I do have a cat to hug since that's what this survey is about.

Exercise, food, music and, cooking

I really have no way of relieving my stress. When I finish whatever I'm stressing about that reduces the amount a little bit.

I animate or watch videos.

Exercise, friends, family, crying.

I do exercise or play around with animals or listen to music.

Sleep, playing video games, texting, Netflix, etc.

Smoking

Play with my dog, eat lots of food

Sports, Music and computer games.

Watching funny videos, listening to music

Exercise, reading in a quiet place. Cleaning my house.

Reading, listening to music, sleeping, eating, doing work

I'm a dancer and an actress, so that helps relieve a lot of stress

Running, playing my viola, talking to friends and family, reading
sleep,

Music

Playing video games, hanging out with friends, listening to music and going to concerts and typically sitting around with my pets.

Exercise Going out with family and friends Prayer Vinyasa

Running, walking, watching TV.

Lifting at the gym

music, sports, hanging out with friends

a hot bath, gardening, being with loved ones, wine, walking and chatting to friends.

Relaxing

Do you have any animals? If so, how many and what type?

3 . 2 Dogs 1 Cat.

1 Bearded dragon, 2 cats, several salt water fish

3 Dogs 2 Cats

A dog and cat

No I had a fish but he only lived for 2 days

I have one cat.

I have a french spaniel dog.

I have two dogs.

Two dogs.

One dog, and a fish.

No, I do not have any animals.

I have a cat named Bob.

2 dogs 2 cats

3 dogs . All breeds of yorkies

I use to have a dog but she died

Cat, domestic black Dog, german shepard pure breed

None

No

n/a

I don't have any pets.

Two cats

1 turtle

dog

1 dog

1 Dog

I have two cats, Wesley is a female (older) and Wally is her adopted younger brother (not blood related).

yes, one cat

I have one fish.

I got 2 cats 2 birds and some fish

1 dog

Yes, 2 cats.

0 now, but I did. A dog.

i have two cats.

1 Cat

I have a cat.

a small dog and a cat

Yes, 1 dog.

I have two dogs (Pure Lab and a Lab and Pitbull mix) and a cat.

nope

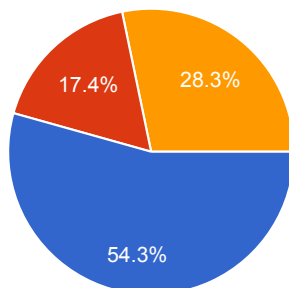
I have two dogs

1 dog. He's a mutt. He's cute.

Yes. A dog and a guinea pig.

four turtles

How long do you spend time with your animal?



A lot	25	54.3%
Sometimes	8	17.4%
Not so often	13	28.3%

Describe how you feel before and after playing with your animal?

Either I feel really relaxed or hurt because one of them scratches.

After playing with the animal it makes me feel warm. It also makes me wonder he would a person be so cruel to such an awesome animal.

The same .

I enjoyed the relationship and we ran together. Great dog.

Before I play with my animal I feel sad and stressed out. I feel like I've every door, only to find a dark and bottomless pit. I feel like I hear the sounds of waves crashing down on sandy shores. After I play with my animal I feel like I'm seeing my first sunrise again. I feel like every flower in every flowerbed is opening up in unison and turning to face the great star. I feel like the same breeze which carried the nip and bite of winter, now carries the warmth of love.

If I'm stressed out I can always count on my cat to brighten my mood. He makes me feel like I'm not alone and sometimes he's just someone to hug.

Feel a little happier because they don't know anything about the human struggle

My dogs are pretty gross so I feel stressed trying to clean everything up.

N/A

Before, I'm usually either stressed, annoyed, or in a decent mood, but after I play with my dog I feel much more happy and relaxed.

The guinea pig squeaks when you pet him, so I feel good when I hear his happy squeak. I

like petting my dog's ears. They are very soft and she is always so happy when I give her any attention.

If I feel sorta stressed before spending time with my dog is comforting.

Sad and than happy

I love dogs, and I really miss mine. I definitely think that petting a dog and walking a dog was a great stress-reliever.

I feel joyful . They make me smile with their own personalities.

Before I play with him I'm bored and after I'm happy.

I feel neglected specifically by my cat because he hates me. But after I play with other cats, I feel happy and calm

n/a

Before: unsure, wary, not in the best of moods After:Happy, quiet, calm, loving, giddy

Before I feel normal. After I feel a little better than normal. I feel like a loving human being.

It is not playing with my dog that relaxes me; being physically close, giving and receiving affection with him relaxes me.

Before I feel okay, but after I feel so much better. They make me so happy, they will love you no matter what is going on.

When I play with my dogs I feel good because my one is so fat and he makes me laugh

I don't have any pets because I'm allergic so I wouldn't know.

Usually before playing with my cats I'm sad or upset. But then they come and snuggle with me and I feel happier!

Im around dogs a lot and theyre just a lot of fun to be around

Well, My fish is in my room, and I really like spending time watching him swim and feeding him, and I feel really good when I remember to feed him because I'm caring for another life, and it makes me feel happy.

My cat snuggles me every single night and I love it. My dog is like one of my children and I love her.

before i feel happy because i see them and after i feel even happier because i still see them.

he barks too much and it annoys me. But when he's cuddling and things like that he makes me better

I feel the same before and after because they're all pretty independent and can get annoyed with too much love. And playing with them doesn't relieve my stress, it just occupies me.

Normally happy, entertained because they're both adorable.

Before typically shitty. After happy I hung out with them and less stressed. Or tired and then energetic after playing around.

Good

I have allergies so I can't play with him most of the time, but when I do I feel happy after.

I feel more calm and relaxed because my dogs show me love and affection!

I feel happy

That my babies are cute and I love them!

Well when we do get to play or cuddle I just feel happy and relaxed and it gives me

energy as well. Wally likes to play a lot and he's adorable and Wesley loves to cuddle.

Like she won't let me do anything unless I pet her, but that makes me happy because in reality I hate to be alone.

Very happy

Number of daily responses

