

SA2045 Original Monologue

Topic: "Animals bring Happiness."

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Hello my name is Diana Shin and my topic is that animals bring happiness.

You've probably read a story that has a sad person in it. The main character always helps that person, and they return something good back. It is just a simple thing like listening to their story and giving them good advice. But, is being happy really just as simple as that? If so, why does sadness affect so many people? Did you know that there are approximately 280 million people who live in sadness all over the world and over 700,000 people die every year because of depression? Is it because there is no special, kind character who can magically solve sadness in this world?

Today I am going to talk about what people will feel the most happiness with. The solution I have is animals. I'll be starting with how right now the world is filled with problems about sadness and move on to how we could solve that with animals.

Today, Sadness is equally common among men and women and typically begins around age 13. There are about 280 million people in the world who live in depression and sadness. Depression can affect the immune system, making it harder for your body to fight infection. Maybe like in the stories, people can be the special character that can magically solve sadness. Anyone could give good advice or listen. But it's not that people always have good advice to give the person and it might make the person feel worse when you give the wrong advice. Life is full of situations that may lead people to feel sad: having trouble at home, having trouble at school or work, or feeling pressure there. Don't try giving the person wrong or weird advice, say that animals may be the solution.

When you feel like nobody understands you, and being with people leads you to being sadder, maybe you can try getting an animal. Pets

give us the feeling we are not alone, and offer unconditional love to us. People have feelings, and they can talk about them to you whether it hurts the other person or not. Animals just stay beside you. They have feelings, but they don't talk about that. They are the best at listening. Scientist and author Meg Olmert says a cuddle with your pup causes an oxytocin release, helping you to bond with your pet and alleviate stress. 'Your heart rate comes down, your blood pressure comes down, your heart rate variability - which is the ability of the heart to duck and dive and respond to stress - improves.

Okay, so let's end these scientific facts about how animals will help us get happier. I'm going to start talking about how I personally think animals can help us with sadness.

First, pets help you make more friends. You'll have a lot of stuff to talk about to your friends about your adorable pets. You can also make a friend that also has a pet and talk about the pet together! If you make more friends, I'm sure your sadness would disappear right away!!! Second reason I think pets are great for sadness is that they can help you be moving. For example, dogs force you to go outside to take a walk. It would be so peaceful and calming for the person and it will slowly help the person get happier. Even if it's not dogs, there would be a lot of time you need to go outside for your pet. When your pet is sick or you need to buy stuff for your pet or for another reason. Many of the pet owners would agree.

Animals bring happiness. They can change a person's life entirely, and they can't even talk to relate to us! Now that you know all about this, if there is anyone around you struggling with depression, go on and teach them about these amazing animals. Thank you.

Citations

<https://www.dailymail.co.uk/sciencetech/article-5807069/Dogs-trigger-release-dopamine-oxytocin-way-children.html>

Harry Pettit, Deputy Technology and Science Editor, 6 June 2018 “What having a dog does to your brain and body: Scientist reveals how bonding with canines triggers the release of dopamine and oxytocin in the same way as loving a child” (March 2, 2022)

Scientist and author Meg Olmert says a cuddle with your pup triggers oxytocin release, helping you to bond with your pet and alleviate stress.

It also disperses the 'pleasure hormone' dopamine, boosting both your mood and long-term memory.

Ms Olmert said that different breeds can illicit a range of hormonal responses in your brain, with social dogs like golden retrievers triggering a chemical release that is distinct from breeds that we perceive as aggressive, such as bull dogs.

The 'cuddle hormone' oxytocin is traditionally the way a mother bonds with her child. A scientist has now revealed it could be behind another long-lasting relationship - between dogs and their owners The 'cuddle hormone' oxytocin is traditionally the way a mother bonds with her child. A scientist has now revealed it could be behind another long-lasting relationship - between dogs and their owners Speaking to Business Insider, Ms Olmert said time spent with your dog carries a number of health benefits for both owner and pet.

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[https://www.who.int/news-room/fact-sheets/detail/depression#:~:text=Depression%20is%20a%20common%20illness,world%20have%20depression%20\(1\).](https://www.who.int/news-room/fact-sheets/detail/depression#:~:text=Depression%20is%20a%20common%20illness,world%20have%20depression%20(1).)

World health organization, 13 September 2021 “Depression” (A. March 2, 2022)

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years (1). **Approximately 280 million people in the world have depression** (1). Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. **At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15-29-year-olds.**

<https://www.webmd.com/depression/how-depression-affects-your-body>

Annie Stuart, Stuart attended Luther College, September 12, 2020 “How Depression Affects Your Body” (A. March 2, 2022) WebMD

Depression can affect the immune system, making it harder for your body to fight infection. Some vaccinations, such as the shingles vaccine, may even be less effective in older adults with depression.