

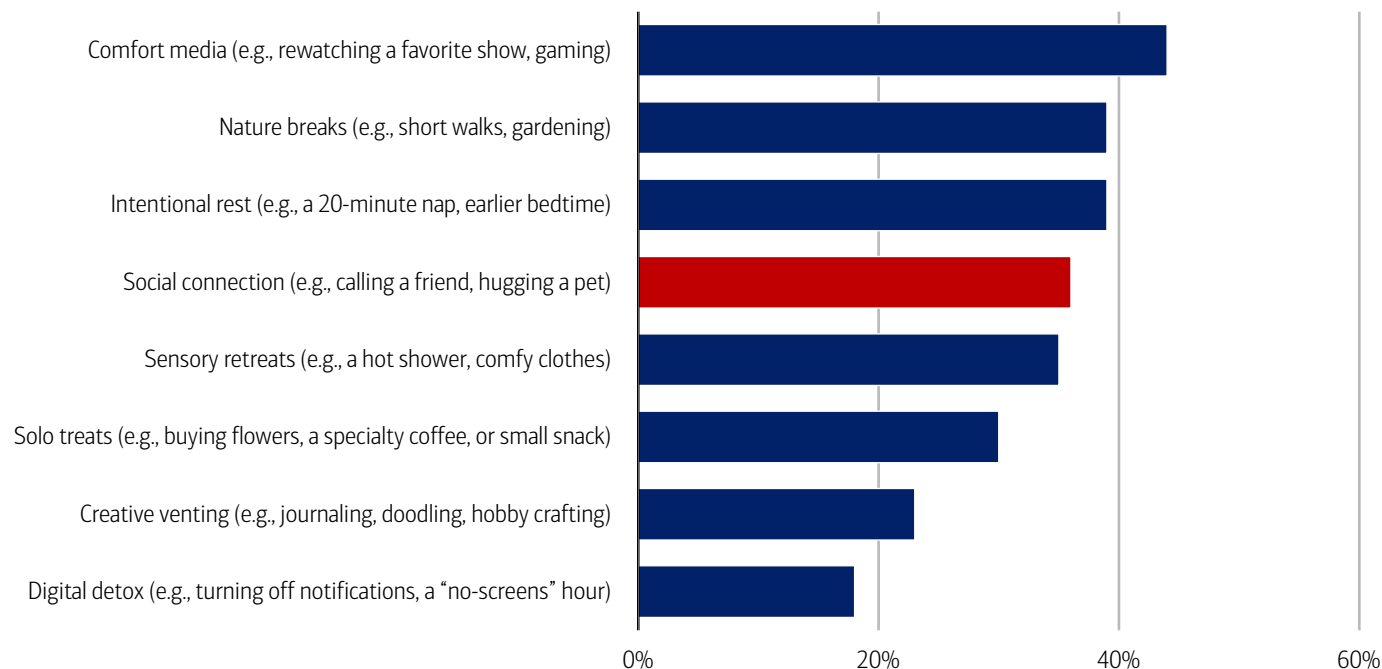
Daily Insights

How do you reset or treat yourself after a bad day?

03 June 2026

36% of respondents seek out social connection – including hugging their pets – after a bad day

% response to the question “Which of these ‘small wins’ do you use to reset your mental health or treat yourself after a bad day (select all that apply)?”



Source: CivicScience

Note: 8,672 responses from January 20, 2026 to May 18, 2026. See methodology.

BANK OF AMERICA INSTITUTE

What do you do to reset your mental health or treat yourself after a bad day? According to a recent CivicScience survey, 36% of respondents cited social connection – including hugging a pet.

For many, pets are a primary source of stress relief. The American Heart Association finds that 95% of owners rely on their pet to manage stress. Reflecting this, 97% of US pet owners consider their pets part of the family and 51% say they are as much a part of their family as human members, according to a Pew Research Center survey.

For more, read our latest publication: [Wellness, part 2: Fostering social connection](#).

Methodology

This CivicScience survey includes 8,672 responses from January 20, 2026 to May 18, 2026. It is an ongoing survey.

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Disclosures

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