



Wellbeing Tips

How animals help us reconnect



Animals as co-creators of connection

Animals, particularly horses, can play a profound role in helping us reconnect with ourselves and others through attunement and reflection. Horses are incredibly attuned to their surroundings. They respond authentically and without judgment to the emotions, intentions, and body language of those around them.

This innate sensitivity makes them ideal learning partners for emotional regulation, communication skills, and healing. By observing and interacting with a horse, we're invited to slow down, listen inwardly, and build a deeper connection with ourselves and others.

This capacity to co-regulate with humans isn't limited to horses. Service animals and emotional support animals, such as dogs, are also trained to sense and respond to human emotional states. Their companionship supports connection and healing, particularly in populations such as veteran families, where attachment may be disrupted due to the impacts of military service. Equine therapy, in particular, offers families of veterans a pathway to rebuild trust and develop safe, secure attachments through consistent, mutual interactions in a safe environment.

Nature-based sessions with horses provide a safe, open space to explore difficult emotions, practice setting boundaries, and even navigate uncomfortable conversations. Their congruent, non-verbal responses help us experiment with new ways of connecting and relating in a secure, feedback-rich environment. Animals don't just support us, they partner with us, offering a non-judgmental presence, helping us rediscover trust, authenticity, and belonging.

If you are interested in finding out more about equine therapy and other animal assisted therapies which are accessible for veterans, war widows, and families of veterans, explore the resources below:

[Spur Ranch Equine Program - RSL LifeCare](#) / [The Healing](#) / [Remount – Assisting those who have served to get 'back in the saddle' and reconnect through horsemanship.](#) / [Home - Horse Aid](#)