



THE AUSTRALIAN PIGEON CENTRE

“Where Passion takes Flight”

The Benefits on peoples Mental Health from Keeping Pigeons.

By Barry Trewin

Keeping pigeons can have several potential benefits on the mental health of people. Here are a few ways in which pigeons can positively impact mental well-being:

1. **Connection with Nature:** Caring for pigeons involves spending time outdoors, observing their behaviours, and connecting with nature. This exposure to natural environments has been shown to reduce stress, improve mood, and promote a sense of calmness and relaxation.
2. **Therapeutic Bonding:** Interacting with pigeons can create a therapeutic bond. The act of feeding, training, and caring for these birds can provide a sense of purpose and responsibility. This bond can offer companionship, alleviate feelings of loneliness, and boost self-esteem.
3. **Mindfulness and Meditation:** Pigeon keeping can encourage mindfulness and meditation. Engaging in activities such as observing the birds, listening to their cooing sounds, or simply watching them fly can facilitate a state of mindfulness, helping individuals focus on the present moment and reduce anxiety or racing thoughts.
4. **Routine and Structure:** Pigeon keeping involves establishing a routine for feeding, cleaning, and training. This structured daily routine can provide a sense of stability and order in one's life, which can be particularly beneficial for individuals experiencing mental health challenges such as depression or anxiety.
5. **Physical Activity:** Taking care of pigeons often requires physical activity, such as cleaning the loft, setting up perches, or training exercises. Engaging in physical tasks releases endorphins, which are known to improve mood and reduce stress levels.
6. **Social Interaction:** Pigeon keeping can foster social interaction and a sense of community. Engaging in local pigeon clubs or joining online communities of pigeon enthusiasts provides an opportunity to connect with like-minded individuals, share experiences, and build supportive relationships, which can positively impact mental well-being.
7. **Sense of Achievement:** Successfully raising and training pigeons can instil a sense of achievement and satisfaction. Watching the birds thrive under one's care and witnessing their progress can boost self-confidence and provide a sense of purpose and accomplishment.

It is important to note that while pigeon keeping can have positive effects on mental health, it is not a substitute for professional mental health treatment. If someone is experiencing severe mental health issues, it is crucial to seek help from a qualified healthcare professional.

The Gentle Cooing Made by Pigeons is beneficial as Meditation and helpful for stress

The gentle cooing made by pigeons is believed to be beneficial as a form of meditation and helpful for reducing stress. Pigeons have a unique cooing sound that is often described as soothing and calming. This rhythmic and repetitive cooing can create a tranquil ambiance, which can be helpful in promoting relaxation and easing the mind.

Many people find the sounds of nature, including bird songs, to be therapeutic. The cooing of pigeons is no exception. Listening to these gentle sounds can help individuals focus their attention and create a sense of peace and serenity. It can serve as a form of meditation, allowing individuals to be present in the moment and find relief from the stresses of daily life.

Research has shown that exposure to nature sounds, such as bird songs, can have positive effects on reducing stress levels and promoting overall well-being. The calming effect of pigeon cooing may help lower blood pressure, reduce anxiety, and enhance mood.

Also, spending time outdoors and connecting with nature, even through the sounds of pigeons, has been associated with numerous mental and physical health benefits. It can provide a break from the hustle and bustle of urban environments and offer a sense of tranquillity.

The gentle cooing made by pigeons can be seen as a form of meditation and can be helpful in reducing stress. Listening to these soothing sounds can create a peaceful atmosphere, promote relaxation, and contribute to overall well-being.

It is great sometimes just to sit outside and enjoy your pigeons, watching them and letting pressures of daily life in the 21st Century just pass you by, you will feel refreshed and revitalised.