

Bringing in the dogs to help U of S students to stress less during exams

The University of Saskatchewan is helping student's "paws" for a moment to help reduce their stress during finals.

Anna-Belle, an English bulldog and other St. John Ambulance therapy dogs will be touring campus, offering their calming canine companionship to U of S students.

The therapy dogs and their handlers are partnering with the U of S Student Health Services, the Office of the President, the Research Chair in Substance Abuse, What's Your Cap? Student group and the Canadian Centre on Substance Abuse. The dogs will be available for group sessions:

April 10 – 11

11:30 am – 1:30 pm

Convocation Hall

Peter MacKinnon Building

107 Administration Place

"Research shows that pets can lower anxiety and even lower your blood pressure," said Anna-Belle's handler Colleen Dell, who holds the Saskatchewan Research Chair in Substance Abuse at the U of S. "Exams are such a stressful time for students. Anything that makes you happy has the potential to reduce stress."

A growing number of Canadian universities are arranging therapy dogs to come to campus as part of efforts to ease students' stress during the final exam period.

Dell is part of a Canadian Institutes of Health Research study focusing on animal assisted interventions in the addictions and mental health fields. She hopes the event will provide her team with insight into how stress is affected by being around dogs.

Media are invited to attend the "PAWS your stress" events being held on campus.

For more information see attached poster or contact:

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