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Paws your stress at U of S

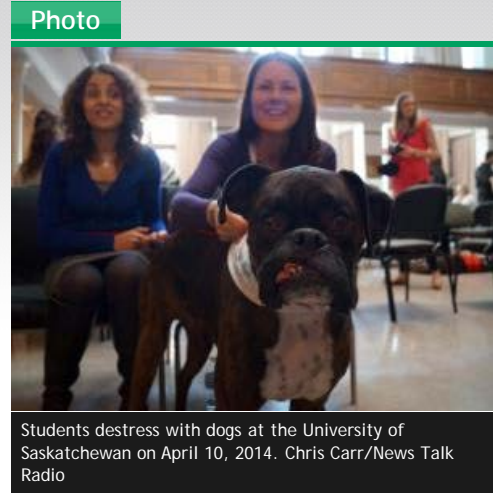
Reported by Chris Carr
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Students at the University of Saskatchewan are finding new ways to deal with the pressure of their exams.

It's an event called "Paws Your Stress." Dogs have been brought to the Peter McKinnon building, courtesy of St. John's Ambulance, to spend time with students taking a mental break from their studies.

"The question is not if dogs bring wellness into our lives, and other pets as well. The question is how, so what is it that's going on?" Colleen Dell, research chair in substance abuse at the University of Saskatchewan and event organizer, said.



Dell said they already know through research that pets can lower people's heart rates, and blood pressure, and reduce stress.

"Feeling good doesn't necessarily come from a pill or a bottle but it's in that connection that we can have with our environment and nature because we're moving more and more away from that with technology," Dell added.

Data collected this week at the university will help provide more insight into that study.

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