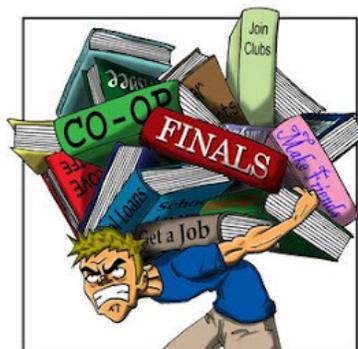


Puppy Love

August 2015

Newsletter of *Belle Amore Dachshunds*

Volume 5, No.8



Paws for Stress

If you just sent a child off to college, whether it's their first year or graduate school, you will take great pleasure in knowing dogs are hitting college campuses all across the country. Although therapy dogs were first used during WWII to lift the mood and encourage optimism for wounded soldiers, a dog's potential for healing and soothing the human soul is beginning to be recognized and put into action by professionals in the field of education.

College life comes with many challenges for every college student, sometimes the pressure and stress of adjusting to a new environment, new styles of teaching, and the lack of a familiar face can seem overwhelming. Students usually experience a heightened level of stress during testing times and final exams is most likely a time of extreme stress.

Scientific research validates that stress increases cortisol, or the stress hormone, in humans. The best way to counter this reaction is to increase a person's level of the happy hormone, endorphin. The fix for this is quite simple ~ pet a dog!

Pet therapy is gaining popularity on college campuses as a means to help students manage issues related to stress. Libraries on campus are the most popular places to find these furry volunteers. But, pet therapy services are expanding and charming companions can be found in counseling offices, specially designed dog playrooms, gyms and even dorms. Some colleges are permitting students to bring their own cat or dog to school. Most schools will require dogs to be certified as a therapy dog in order to "attend school." There are numerous organizations that provide this service.

There is no psychiatrist in the world like a puppy licking your face. Ben Williams



Following the growing trend in colleges to implement programs to reduce the pain of final exams Emory has implemented their own pet therapy program. Canine volunteers work in two hour shifts in the library. Students lineup to have ten minutes of playtime with these furry ambassadors of positive stress relief.



When Yale introduced Monty, the first therapy dog for the university, he became an instant star attracting print, radio and television journalist across the globe. He was featured on NPR and was the most emailed article of the *New York Times* at that time. Monty is checked out at the library just like a book.



Kent State's pet therapy program, *Dogs on Campus*, encourages volunteer teams to visit dorms regularly throughout the year. The school has expanded their program to include services to students who have experienced a tragedy on campus. No matter what day or time a tragedy occurs pet therapy dogs show up to provide soothing, calm comfort to students.



Drexel University is the first college in the country to host a permanent therapy dog in their recreation center year-round. Drexel also sponsors a special event, *Puppy Pawloosa*, where Jersey and his therapy dog friends play with students to relieve the academic stress and anxiety many students experience during exam time. Almost 800 students participated in the last event. Jersey wears a stylish bandana that says, "Please pet me I'm working."