

Benefits of Therapy Dogs



- **Stress Reduction:**
- Therapy dogs have an incredible ability to lower stress levels. Spending time with these furry companions has been shown to decrease cortisol levels and promote a sense of calmness.
- **Mood Enhancement:**
- Interacting with therapy dogs releases endorphins, the "feel-good" hormones. Their unconditional love and affectionate nature can lift your spirits and improve your overall mood.
- **Emotional Support:**
- Therapy dogs are excellent listeners and provide non-judgmental companionship. Whether you need a quiet presence or someone to share your thoughts with, these dogs offer unconditional love and support.
- **Social Connection:**
- Bringing therapy dogs into various environments fosters social interactions. This can be especially beneficial in community settings, workplaces, and healthcare facilities, encouraging positive communication and connection among people.
-

- **Physical Health Benefits:**
- The act of petting a therapy dog can reduce blood pressure and heart rate. Additionally, the presence of these furry friends has been linked to improved immune system function.
- Walking with any dog also has several health benefits including:
 - Improved cardiovascular health
 - Increased bone density and muscle tone
 - Improved metabolism

Luigi is available throughout the day for all students in the Student Services Department.

For more information about how OLCHS utilizes our therapy dogs, please visit our student services webpage: olchsstudentservices.com