

Benefits of Pet Therapy

For mental health –

- Decreases isolation and depression
- Causes many to feel calm
- Bridges communication gaps
- Provides comfort
- Reduces boredom
- Lowers anxiety and decreases agitation
- Creates motivation for the client to recover faster
- Reduces loneliness
- Diminishes emotional pain in seniors

For physical health –

- The act of petting produces an automatic relaxation response
- Stabilizes blood pressure
- Reduces the risk of heart disease, heart attacks, & stroke
- Improves cardiovascular health
- Breathing slows in those who are anxious
- Releases many hormones such as Phenyl ethylamine which has the same effect as chocolate
- Diminishes overall physical pain

Anyone can benefit

- Increases socialization /encourages communication
- Helps person focus
- Can bring person back to the present
- Inner contentment may not be verbally expressed but can be seen in
 - eating better
 - sleeping better
 - greater cooperation
- Maintain & increase motor skills
- Increase movement in joints & recover faster
- Provides motivation to move more, stretch farther, and exercise longer

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