

JAKE SAYS: *REDUCE STRESS*

Hi - I'm Jake, Kent State's Pet Therapy Dog.

So, I was walking around campus today looking for the perfect spot to lie in the sun, and I noticed a lot of you have creases in your foreheads and are down in the jowls. I thought I was at a Shar Pei convention.

My doggy diagnosis:
S-T-R-E-S-S baby!

There are simple things you can do that will get you through finals week and might get your tails wagging again!

- For starters, try some mindful breathing before you walk into each final exam. Just ~~paws~~ pause in a quiet place, close your eyes and pay attention to your breath moving in and out through your nose. When other thoughts come into the old noodle, just say to yourself, "I'll attend to that later. But for now, just let me focus on my breath for one minute more."

- Get a good night's sleep before your exam. Canines rule when it comes to sleep. We never know when we may need to be ready to perform (for example, ball-chasing, stick-retrieving, people-searching, therapy-providing). So we eat-nap any time we can so we have the energy to do our jobs.

- If you want to really get rid of that stress, check out yoga at the Student Recreation and Wellness Center. Nursing students are really into it! You'll learn how to do a downward dog (my specialty pose).

Finals week is a stressful time of the semester. Take time for self-care and be ready for a surprise visit from the DOC Pet Therapy Team.

Paws up!

Jake



**Jake, Dogs
on Campus
therapy dog**

Questions? University Health Services can answer your questions discreetly and confidentially. Visit us, phone us at 330-672-2322 or log on to www.kent.edu/uhs.

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