

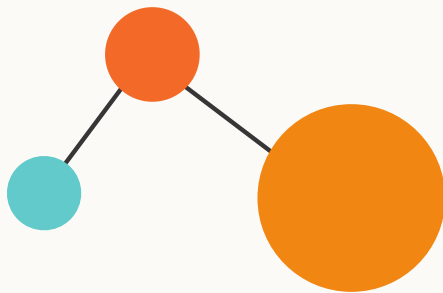


# HOW CAN PETS AS THERAPY SUPPORT YOUR WELLBEING?



## REFLECT:

Q1. How did spending time with the dogs make you feel?  
(Did you notice any changes in your stress levels before compared to afterwards?)



## EXPLORE:

Q2: How do you think short breaks like this can impact your overall wellbeing and academic engagement?



## CONSIDER:

Q3: What are some small ways you can incorporate stress-relief breaks into your study routine?

FIND MORE 'LEARNING WELL'  
RESOURCES HERE:

SCAN HERE

