

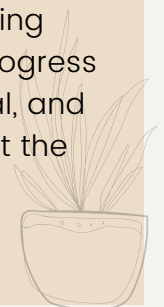
# Moments of Serenity

March 2025

## Animal Assisted Therapy

Animal-assisted therapy is a therapeutic approach that integrates animals—like horses, dogs, cats, and birds—into the treatment process. In this setting, the client, therapist, and animal collaborate through therapeutic activities that are specified in a treatment plan, featuring distinct goals for change, measurable objectives, and the anticipation of noticeable progress toward these goals. The therapy can vary in form, depending on the patient, the animal, and the treatment objectives. Animal-assisted therapy serves to enhance and complement the advantages of traditional therapy.

<https://www.psychologytoday.com/us/therapy-types/animal-assisted-therapy>



## Mindfulness Minute

Mindfulness can be approached in numerous ways, so it's essential to discover what suits you best. Here are some options to consider:

- Body-based practices, such as body scans or yoga.
- Sensory-based activities, like mindful eating or engaging your five senses.
- Movement-oriented exercises, including walking or tai chi.
- Cognitive-based techniques, such as meditation or practicing gratitude.

## Self-Care

Engaging in self-care with animals can encompass spending quality time with your pet, acquiring new skills together, and fully embracing the present moment.

Quality Time with Your Pet:

- Alleviate Stress: Petting your animal can help lower your blood pressure and ease stress levels.
- Stay Active: Walking your dog or playing with your cat can boost your physical activity.
- Strengthen Bonds: Teaching your pet new tricks can enhance your connection with them.



## Did You Know?

Animal-assisted therapy can serve as an effective intervention for certain individuals or groups. It may assist with a range of experiences and conditions, such as:

- Stress
- Anxiety
- Depression
- Autism
- ADHD
- Emotional and behavioral issues in children

## Company Highlight

### Sunny, Canine Good Citizen

Meet Sunny, the newest addition to our staff! She has been working diligently to become a Canine Good Citizen and she has demonstrated skills learned in training that qualify her as a therapy dog. Her journey to becoming a Canine Good Citizen involves learning how to provide comfort and support to individuals in need, and she is excelling at every step. Sunny seems to intuitively understand when someone needs a little extra love and attention.

Stay tuned for updates on Sunny's progress!

