



BRAIN HACKS FOR LIFE

DOGS

- Petting a dog releases serotonin and dopamine, two feel-good neurotransmitters that improve your mood.
- Petting a dog can also help improve symptoms in those who experience depression.
- Petting dogs has been shown to decrease the levels of cortisol (the stress hormone) in your bloodstream.
- Because petting a dog is often a pleasant physical kinesthetic, it also elicits positive emotions.



- Staring into the eyes of a dog you know releases oxytocin, the hormone/neurotransmitter that helps bond a mother and child.
- Having a dog can reduce your blood pressure and the chances of dying from a heart attack.

Find more resources from Caterpillar's Employee Assistance Program at EAP.cat.com.



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- People who own dogs walk more than people who don't, which helps prevent obesity and a variety of other conditions associated with inactivity.
- Therapy dogs have been proven to reduce stress in students taking exams, people grieving the loss of a loved one, and children in the hospital.
- Growing up with a dog has also been shown to reduce allergies in children by giving their immune system something "harmless" to practice on.

Bottom Line: We already know how much dogs improve our lives every day, but it's always cool to see science confirming what dog lovers have known for years—nothing is better than the love of a dog!

Seen on a bumper sticker: *Lord, help me to be the kind of person my dog thinks I am!*



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