

Why you should invest in having an ESA dog: key benefits

Emotional support animals play the most significant contribution to improving the mental health of people that suffer from anxiety, depression, stress, or any form of PTSD. They serve as a source of support and comfort by providing therapeutic effects. Being around pets releases a surge of oxytocin which is a hormone related to positive emotional states. This means keeping an ESA, for example, an ESA dog can reduce emotional stress immensely. A [realesaletter](#) provides facts and details about your mental health problem.



To keep an emotional support animal, you, as a handler, need to qualify for a mental illness through a legally authorized psychiatrist, psychologist, therapist, etc. These mental health practitioners issue you an ESA letter through [realesaletter.com](#) if you are limited in at least one aspect of life due to a mental disability. An ESA letter provides facts and details about your mental health problem. It indicates that you have been prescribed an animal companion by a mental health specialist for the treatment of your illness. This letter is your key to taking your ESA animal anywhere you like.

Humans have been keeping pets for thousands of years, and they can recognize our tone, gestures, and body language. Investing in these loyal creatures is never a waste. Animals offer joy and friendship; the concept of animals being able to provide considerable mental health benefits has long been backed by research. A study revealed that keeping a pet has good impacts on mental health by encouraging emotional connection and helping individuals deal with crises.

People who tend to live alone more frequently can have lovely companionship from an ESA pet. But if you want your pet to live with you and your landlord won't allow it, you can apply for an [emotional support animal letter](#) for housing. It prevents landlords from rejecting your dogs and enables them to reside in apartments with no-pet policies. Moreover, this letter can be issued for as many dogs as you would like to keep for your mental peace, and it helps exempt pet fees and deposits.

ESAs are great stress-relievers; they alleviate anxiety and stress by providing comforting companionship. By playing a few tricks with your dog or snuggling with their furry little bodies, you can wash away all your worries. Having a canine companion is not only beneficial for physical health, like lowering blood pressure or improving cardiovascular health, but the love of a dog also reduces stress and anxiety. Perhaps, the most significant benefit of having a dog is the rediscovery of simple joy in existence, to be mindful and focused on the present moment.

One of the reasons pets help people with mental disorders is that they fulfill the basic need for touch. Even criminals in jail have been reported to show differences in their behaviors after interacting with a pet dog. Playing with a dog can help stimulate the brain to release serotonin and dopamine which improves mood and thus reduce anxiety and depression. Invest in an ESA to remove those negative feelings straight away.

ESA dogs give you a sense of purpose in life. Feeding and taking care of your dog can bring structure to your day. These dogs can help you cope with loneliness and depression through their companionship. Knowing that your pets rely on you for taking care of their necessities makes you feel special and wanted. These feelings release dopamine that relaxes the nervous system and improves your mood instantly.

Emotional support animals are the key to relieving intense emotions that tire out your mental and physical health. During stressful times, emotional support animals can enable humans to calm negative feelings. After a long and stressful day of work, coming home to a pet dog can help relieve stress because pets are tension busters. When your ESA does silly little cute things, it will bring a smile to your face that can brighten up your day.

Having emotional support from an animal, especially a dog, is reported to have changed the behaviors of prisoners even! Prison inmates are susceptible to mental depression. Long times away from families and children produce negative emotions, and channeling the lost love towards pets helps long-term behavioral changes in these prisoners. This reduces loneliness and lowers the risk of depression development.

Your ESA dogs can support you emotionally by helping you build up emotional connections and interactions. For example, by taking your dog for a walk to the park, you tend to interact with other dog owners. This way, you make new friends and increase your social circle which protects you against poor mood.

ESA dogs and other ESA pets are often believed to reduce physical illnesses as they alleviate worry and tension, by which the risk of high blood pressure can also be reduced. Keeping an ESA dog will also urge you to have an active lifestyle. For instance, if you decide to adopt a dog, you will take it on walks, play with them and spend time outside, which will ultimately reduce your physical ailments as well. Problems such as heart diseases and cholesterol can therefore be considerably prevented.

Emotional support animals tend to keep you in the present moment. For example, if your pet ESA is a dog, you will realize that dogs don't fixate on the past or the future, therefore, forcing you to concentrate on the present moment. When you are with them, caressing them and interacting with them makes you less prone to dwell on negative thoughts and concerns.

Useful Resources

[Keep your ESA dog happy and healthy in a small apartment: tips and guidelines](#)

[10 Festive Foods that Can Be Dangerous for Your ESA](#)

[Are ESAs Permitted in College Dorms?](#)

[Maintaining Your ESA's Health: A Guide to Vet Visits Frequency](#)

[5 best dog breeds for you if you live in a flat](#)