

Psychological health benefits of keeping an ESA

Why have more people started keeping emotional support animals lately?

This question comes into everyone's mind because these days, nearly every person with a mental disorder has an emotional support animal and the reason is that they provide psychological and mental support to their owners.

Yes, you heard it right. Animals provide emotional support to you. Now you must be wondering how? I will be explaining the psychological benefits that ESA pets can provide.

So just lay back and read these amazing facts.

Emotional Support Animals Calm your Nerves

Have you ever found yourself around a pet and feel happy about its presence, so much so that it calms your anxiety?

Yes, it happens to me when I am around my ESA as I can clearly feel my nerves calming down and I let go of all the worries. Maybe it sounds like an illusion to you but you should try it for once because you always find some kind of satisfaction even in illusions.

Studies show that animals can be very helpful if you want to get rid of the anxiety that you experience due to loneliness and mental disorders. The chances of relief are higher if you have an **ESA dog** because dogs have the ability to increase the levels of oxytocin in your brain, helping you feel calm. It is known as the cuddle hormone and it creates feelings of empathy and love in you, helping you overcome anxiety. You would require an [esa letter for housing](#), to keep your ESA miniature horse with you at all times.

So, if you have an ESA then you have a high chance of overcoming anxiety.

ESAs help you cope with Social Anxiety and Isolation

Many people experience social anxiety because they feel excluded from social groups and find it difficult to talk to people. So they seek isolation by staying at home. They free themselves from toxic people and relationships.

If you are one of these people then your ESA can act as a cure for you because it can prove to be a very good companion whenever you're feeling lonely. You can share your feelings and thoughts with them without being judged. They also give you a reason to leave the house and go for regular walks in the park. No doubt, they are animals but they can be more valuable than humans because of their friendly habits and lack of the ability to judge you for no reason unlike most people. But you need to get an [esa letter online](#) for housing so that you can keep your pet.

It works in conjunction with other Psychological Treatments

People mostly take their pet for granted but you are in the wrong folks because your pet can be a lifesaver for you.

Yes, you heard it right! A LIFESAVER.

Psychologists around the world think of your ESA pet as medication and having an ESA pet is mostly used in conjunction with other treatments such as cognitive-behavioral treatment. Especially the animals that you have acquired an [emotional support dog letter](#) for are a major help because they live with you 24/7 and you develop an emotional connection with them. They force you to take them for a walk and go out for fun. They make you feel safe when you are experiencing any kind of stress.

So, if you are planning to get treatment for your disorder or illness, remember to consider getting an ESA to help you heal.

Cope with the Phobias and Plane Anxiety

Do you have any phobia that is making your life stressful and causing anxiety?

Well, if you do, then you should consider getting an emotional support animal because they can help you fight phobias and try to defeat them which might seem impossible to you otherwise. I am not the only one who is saying this. Psychologists have proven that if you have an emotional connection with your pet, they can assist you in getting rid of your phobias.

For example, if you have claustrophobia, your pet can offer you support and you hold on to it if you visit any confined places. Similarly, some people have plane phobia. If you have a pet with you during your flight, then you can hold onto it to overcome the fear. But you need to get an [esa letter](#) for housing so that you can keep your pet with you at all times in your house and build a strong emotional connection with it because only a strong connection with your emotional support animal can help you overcome these phobias. So, keep your pet with you at all times and make sure you look after him the same way he does it for you.

ESAs help you control your emotions

What is the easiest way for you to distract yourself from the intense emotions you are feeling?

There can be multiple answers to this question but the most effective solution is keeping your emotional support animal close to you because it can help you calm your nerves. Your emotional support animal might also have the ability to increase the levels of happy hormones in you which can distract you from all negative thoughts and emotions. However, you would require an [emotional support animal letter](#) for keeping your pet miniature horse with you at all times.

Now, I hope every question in your mind has been answered and you are ready to get an emotional support animal to overcome stress and anxiety and live a happy life. Here's to a journey towards a positive and healthy life with your emotional support animal right by your side.

Learn More About Emotional Support Animal Letter:

[how to get a esa certificate](#)

[how long is esa letter good for](#)

[how to get my dog esa approved](#)

[how to esa certify your dog](#)

[how much is an esa](#)