



## Some of the Major Benefits of having an ESA Dog

Do you feel depressed sometimes and cannot focus on your work and daily routine? Don't feel alone my friend. The solution to your problem is in front of you. You can adopt an esa...yes, you heard me right you can have an [esa letter for housing](#) to overcome your health problems.



An esa is a companion that offers benefits to individuals with disabilities.

### **Benefits of having an esa dog**

Esa are mostly dogs but sometimes cats and other animals can also be kept as an esa. Esa does not need to have special training unlike service animals but are generally well-behaved and calm. Having an esa is very beneficial for those who suffer from psychiatric or physical disability.

### **Companionship**

These pets offer companionship to individuals and help them to cope with their disorders. It also assists in treating these disorders. Having an **emotional support dog letter** ensures that you can take your esa dog with you anywhere you want. In this way, you will never feel lonely and isolated. He will be there for you all the time. The majority of times individuals with [esa letter](#) are allowed to go to public places because people will understand the need of an esa dog for you. With an official letter, you can enjoy the companionship of your dog.

### **Reduces stress**

Spending time with your dog causes to reduce your stress levels. Pet's companionship reduces anxiety and feeling of alienation. This is beneficial for those who are afraid to make social contacts and feel socially alienated. When you spend time with dogs, it releases endorphins in the human body and this hormone causes relief in stress level. Petting can be comforting for you and your pet as well. By petting, your body releases another hormone; oxytocin that reduces stress by decreasing high blood pressure and cortisol level.

### **Lessens isolation**

Esa dog exceptionally benefits to those who often feel lonely and depressed. Having an esa dog offers you an opportunity to socialize with your surroundings. Dogs are friendly animals and act as perfect ice breakers. Dogs are a good way to know your neighbors as you are bound to meet and greet them while taking your esa to vet or grooming session.

### **Helps to get rid of Anxiety**

Esa dogs gives a sense of security and familiarity to their owners. This reduces anxiety and helps them in staying calm whenever they are introduced to new people or the environment. Dogs are the source of comfort and reduces the feeling of uneasiness in owners.

### **Keeps you distracted**

Dogs are attention seekers. They will keep your mind off the issues that are bothering you. Playing with your pet will keep you away from thinking and worrying about the past or future matters. Your esa will encourage you to stay happy.

### **Unconditional love**

To have an esa means to have unlimited love. Emotional support animals provide unconditional love and feeling of connectedness that people often struggle to receive from others. This love is just another way for people with mental health issues to get back on their feet.

### **Works in conjunction with other treatments**

Esa can be incorporated in other forms of treatments as well .they are used in conjunction with other treatments like behavioral treatment and facilitate you to live the life you want.

### **Helps in regulating everyday emotions**

Esa dog can help you in regulating everyday emotions and various researches clearly shows that the presence of dogs can help to improve mood. Esa dog provides attention and love regardless of the time and this helps humans to steady their emotions.

Adopting an emotional support dog is a good way of improving overall health. Don't wait just get a letter from your therapist and enjoy your life...