

# Most Admired ESA animals and Their Associated Benefits

Animals can provide you good companionship and enjoyment. ESA benefits to the people who are suffering from mental illness, depression, anxiety and mental disabilities. ESA becomes most suggested popular therapy for mentally ill people in recent years and you only need is an [ESA Letter](#). There are many animals that benefit people to cure from disabilities. Most commons ESA animals are dog and cat, while other type of ESAs are horses, rabbits and peacock.

There are different kinds of emotional support animals, but below are the few mostly admired animals, which are to be discussed:

## **Cat as an ESA:**

Cats are very different kind of animal which benefits in many ways to mentally ill person. They support you by giving love and care to their owner. They love to play with you anytime, their habits of doing crazy things will cheer you in bad mood. To get ESA cat, like any other ESA pet you need to get the license, if you suffer from depression, anxiety, and anger.



ESA Cats are also allowed carry with you during flying without paying additional charges. Taking a cat as ESA pet is beneficial for you because it helps in lowering your blood pressure, stress and help you to sleep better. So what are you waiting for? Apply for [ESA letter for housing](#) to have your pet with you in even a rented house.

### **Dog as an ESA:**

Dogs are considered as man's best friend for centuries before the concept of ESA therapy. They can do whatever to cheer up their owner. Unlike other ESA pets, dogs like to close to his owner and can sense your every mood. They are considered the most intelligent animals than other household pets. They are best in companionship more than a human being. So whoever feels depressed and mentally ill emotional support dog will always benefit you.

### **Rabbit as an ESA:**

Rabbits are so loving and gentle creature of nature. They are easily bond with their owner and provide support. They are so intelligent creature, that they can distinguish their owner's voice. They love to be cuddle gently which also good for you, as you feel good loving and happy. They are easy to handle, and don't take a lot of space to live.ESA letter can direct you about [can dogs eat watermelon](#).

### **How these ESA are helpful?**

There are many kinds of ESAs which provide support to cure mental health issue. Many pieces of research show that they affect positively your life especially when you are facing crises. There are many benefits that have provided by ESA, these are:

- **Improve physical Health:**

Research study shows that ESA pets can benefit in lowering blood pressure, respiration rate and decreases anger and help to improve a person's ability to control their anger.

- **Less anxiety:**

Having an ESA can relax your life and release stress.

- **Decreases Isolation:**

Most of the time people depressed when they are cut out from their social circle, or when they lost their loved ones. So at that time they really need a companion who lived and spends time with them. ESA provides the best companionship when a person fighting with its loneliness. Try to know [can dogs eat grapes](#).

- **Support in Trauma:**

ESA gives you support to overcome through some life event or life trauma and helps you to stand back at your feet again.

- **Purpose to Care and Love:**

When you get an ESA pet, the way they tried to support and gives you attention, they also need some care and attention in return. So this will also give you a purpose to live. They support you by creating a sense of love in you.

**Useful Resources:**

[Make Relationship With Your ESA](#)

[ESA Hamster Would Be An Intensely Rewarding Experience](#)

[Kinds of Disabilities Supported by ESA](#)

[ESA Can Help You In Sadness](#)

[Have Your Pet's Nails Trimmed Before The Trip?](#)

[ESA Letter For Housing - 2021](#)