

6 Benefits of an Emotional support Animal

A [siamese cat](#) can help you get the psychological support that you require. People suffering from any kind of mental health issue can be benefited from an ESA. Such an animal will also offer emotional support to people with other physical disabilities or health issues.



Ultimately an ESA helps its owners emotionally and psychologically. They keep their owners happy and motivated. Not every pet can be treated as an emotional support animal. For you to keep an ESA, you must get it certified by consulting a service.

Following are some of the health benefits offered by emotional support animals:

- **Help in Psychological Diseases**

The prime purpose of an emotional support animal as a [calico cat](#) is to offer psychological and emotional support to its owners. ESAs help people suffering from various psychological diseases like clinical depression, chronic anxiety, post-traumatic stress disorder (PTSD), stress-related illnesses, etc.

Emotional support animals help their owners during these diseases by mitigating some symptoms of these diseases. They have also been reported to cause a reduction in the intensity of attacks. As per some research, ESAs can reduce the symptoms of PTSD by eighty-two percent.

- **Assistance for Phobias**

Multiple phobias take a toll on people's mental health. For instance, Agoraphobia, the fear of going out of your house. It may also include Aerophobia, in which a person is scared of flying. ESAs do not judge people with phobias. It is easier for people to face their fears with the support of emotional support animals.

- **Support People with Personality Disorders**

Emotional support animals can also help people with personality disorders. Some people have low confidence levels, some are excessively demotivated, and others become socially awkward.

Emotional support animals are not normal pets that keep their owners happy. Nor are they service animals like [great pyrenees](#) for people with physical disabilities. They provide companionship to their owners. Through this companionship, they form an emotional bond.

ESAs can support their owners to get through periods of socialization gracefully. Certified ESAs can be taken to almost all social setups, and you can also travel with them.

- **Motivate People to Fight their Illness**

People having some kind of physical disability or suffering from major diseases also face emotional issues simultaneously. A significant step to their recovery is high willpower.

Emotional support animals motivate people. They deflect any negative emotions of the patients. In this way, they help in the speedy recovery of their owners.

- **Boosts Levels of Happy Hormones**

Oxytocin is the hormone that produces a happy feeling in humans. According to a scientific study, it has been reported that having an emotional support animal around can increase your oxytocin levels. This will cause you to feel good most of the day.

Being inherently happy daily will further motivate you to achieve your goals. You could be fighting a disease or suffering from a psychological illness. It could simply be a lack of motivation also. A [maltipoo](#) is sure to help with all such issues.

- **Sense of Purpose**

The emotional support and care between the animal and its owner are two ways. An animal can not take care of itself. Moreover, the animals also get used to their owners and feel happy around their owners.

Thus, ESAs give an objective to their owners. Their owners know they have to take care of their animals. This keeps them busy, which keeps them away from negative emotions and thoughts.

The health benefits offered by emotional support animals are not only reported through case studies. Various psychologists and psychiatrists have also confirmed the effectiveness of ESAs in combatting a mental or physical disease.

Moreover, there are scientific studies that also report such benefits of [sheepadoodle](#). The points mentioned above are only a few of such benefits that ESAs offer.

Useful Resources:

[Passionate Support Animal: A Complete Health Package](#)

[Is there any Deposit Fee to Keep an ESA Dog at a Rented House? Guide](#)

[Astounding Types of ESA Cat Breeds - 2020](#)

[Cycle to make your Bunny an ESA - Guidelines](#)

[An Amazing Manual - To Know More about ESAs](#)

[How to deal with the melancholy of your ESA's demise?](#)