

5 ideal animals to be an emotional support animal

Are you thinking of getting an [emotional support dog letter](#) and you are confused about the options?

Your tension is on point because ESA is something serious, so you have to make decisions carefully. We have multiple animals that can be opted for emotional support but you have to think if they can give you support or not. Your liking and need for emotional support are two different things.

So, for your help, I am giving you five suggestions of the best animals that can be your support and give you emotional stability when you need it. Yes, it is possible, and only have to make a choice out of the 5 best animals.

So, let's start from here and make an end to your confusion.

Dogs as the Emotional Support Animal

Have you ever thought of dogs as more than pets?

If not, then you are at fault because they can be your emotional support in the hour of need.

So, if you are thinking about animals for emotional support then, dogs are the best animal that you can get for your support. The reason is that **ESA dog** are very loyal and of friendly nature, as they can give you cuddles, and their intelligence in multiple situations can give you a sixth sense. No, I am not kidding, it is totally true.

They can be loyal as they can do anything to please you and for emotional support, you need some animal that can bring you out of your sad feelings. Due to their multiple abilities, you can think of taking them out for you and you will not be disappointed in them. So, dogs should be the first option for you. No matter that now you know about the [ESA letter online](#).

Cats as Emotional Support Animal

if you do not want to think about dogs and wonder what would be your choice apart from it then, maybe you can think about the cats too.

Yes, you heard it right, “Cats” can be your ESA.

Talking about the scientific research, it is proved that cats reduce blood pressure and stress in the owners while they can provide emotional support too.

By nature, they are quiet but sometimes grumpy animals as they can take your side in a state of emotional devastation and make you feel good about staying there and without any noise. They also love you conditionally and sometimes, for your good, they can be clingy and ask for attention which will divert the owner’s attention and they can play for hours. They are so suited for apartments that you can easily get an [esa letter for housing](#) of housing for yourself. You can easily live with them and play with them outdoors and they are even suited for traveling too.

Bird as Emotional Support Animal

Now the choice apart from the dog and cat is keeping Bird as ESA. Do not be surprised as birds can be your ESA, especially parrots.

They are suited for those people who live alone at home and they want some company as the bird-like parrot can speak your language and imitate your words. You just have to teach them how to speak and teach them words so you can have a communication partner which is the lacking point for the dogs and cats. No matter that now you know about the [esa letter](#).

Those people who want some communication partner, have a choice of a parrot. While you do not have to take the tension of carrying them from place to place or their litter box because they can sit on your shoulder or fly with you. So, if you like birds, then you can get an [Emotional](#)

[support animal letter](#) is and be happy with your parrot. They will not leave you in solitude by speaking words that you want to listen to at the hour of need.

Rabbit as ESA

What will be more relaxing if you have a small, fur ball like an animal with you?

Yes, I am talking about the cute little white furry bunnies. The one choice you have for the ESA animal is Rabbit or the bunnies but they are chosen by very few people who do not want to opt for other animals. They are not grumpy like cats but they are more quiet and calm creatures. They do not make noises nor do they demand attention like dogs as you do not have the need to take them on long walks. So, if you like quiet animals, then bunnies are the best option here for ESA.

Hamster as Emotional Support Animal

Think what it feels like if a fur ball-like animal rolls into your lap?

It feels more soothing and pleasurable if you will keep a hamster for your emotional support. They are very good for people with anxiety and depression or other mental disabilities as they can give you a small cuddle by rolling into your lap. They are also very easy to carry out from place at the place and even, they are very easy to feed and it's inexpensive so, what else do you want?

You do not even have to think about their place because they are so small that they can fit anywhere so, they will not give you any stress but only emotional support.

These five animals are the most commonly used all around the world for emotional support because they are mostly recommended by the ESA specialists as well. There are multiple other options but these 5 are at the best. So, if you are thinking about getting an ESA, then I have given you the best five options, now it is up to you which one you choose.

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