

Top 5 ESA dog breeds that will reduce your stress

Emotional support dogs are highly valued for their role in helping people relieve symptoms of emotional distress. They can help a person deal with stress and stay calm.

Various scientific studies have reported the benefits of keeping dogs as ESA.

Therapists and psychologists can issue an [Esa letter for dog](#) so that their patient can benefit from emotional and psychological support. These ESAs provide good company and remove stressful feelings for people with emotional and psychological issues.

Selecting the right breed of dog is crucial. The right breed of dog can help you stay calm and overcome anxiety and stress. The right dog can help a person feel confident and relaxed which helps them deal with stressful events. For the most part demand that them [how to get an esa letter](#) for you.

Having an emotional support animal provides both emotional and physical benefits to people. People with an [Emotional Support Dog](#) have lower blood pressure and heart rate.

They have the ability to deal with stressful events easily. They have fewer extreme reactions to stressful events and they show better recovery after the event has passed.

Dogs help a person feel connected and less isolated due to their presence. They help their owner stay physically active. The dog keeps him company.

People can keep an ESA dog without the need for any formal training. But you might require an [legitimate esa letter](#) to request your landlord to allow you to keep your ESA dog with you.

If you want to get an ESA dog, there are certain things to be kept in mind. The breed of dog is the first thing you want to think about. You should look up breeds of dog to carefully identify the breed that would be most suitable for you. You should visit different shelters to help you pick the right breed.

It can be a time taking process to select the right breed as there are different things to consider. You have to ensure that you can meet the requirements of the dog and the dog can also satisfy your needs. Patiently locate the right breed rather than impulsively adopting a dog. Some important considerations for selecting a dog breed are:

1. Dogs with a calm and friendly temperament are suitable for providing emotional support.
2. Select a dog with the right energy level as walking outdoors with the dog can be helpful for some people just as staying indoors and cuddling can be a good stress reliever for others.
3. If you want the dog to easily travel with you, it should be small in size.
4. Obedient and trainable dog breeds are suitable for reducing stress as they obey commands.
5. Select a low maintenance breed to reduce the stress of grooming.

1. Chihuahua

A chihuahua has a charming personality. It has a small height of 6.5 inches and a maximum weight of 6 pounds. They are low-maintenance animals as they do not

require much exercise. They have moderate energy levels so they are not hyper excited or difficult to control. They are good for relieving stress as they are small and snuggly. They can fit in bed with you and roam around the house looking for your attention. They are sympathetic and attentive which can be a good way to stop the internal conflict and stress in a person's mind. They have a fairly good trainability score of 6 out of 10.

2. Welsh Corgi

They are adorable and friendly ESA dogs and are not too needy. They have an average height of 11 inches and a weight of 30 pounds. They easily befriend people and have high energy. They have low grooming needs which prevents the additional stress of getting grooming services. They are good support for older adults and people in nursing homes. They also have a high trainability score of 8 out of 10.

3. Cocker spaniel

They have a sweet temperament. They are highly child-friendly and supportive of children with psychological and emotional problems. They have a small cuddly size of 14 inches and average weight of 25 pounds. They have moderate levels of energy and they are easy to train with a perfect score of 10 out of 10. They are great partners for

snuggling but their long fur also needs regular brushing. They are very fluffy with long, silky hair.

4. Golden retriever

They are very famous among people of all age groups as ESA animals and support animals. They are also considered the gold standard for emotional support animals. They are very intelligent and easy to train with a perfect trainability score of 10. They have a good temperament as they are friendly, happy, and loyal. They have high energy levels and are very playful. They have a height of 23 inches and weigh around 65 pounds. They can be perfect companions for going on a walk. Petting and playing with a golden retriever can significantly reduce stress.

5. Pug

Pugs have a very adaptable nature. They are small-sized with an average height of 11 inches and weight of 17 pounds. They have low to moderate energy and require little grooming and maintenance. Despite their small size, they are very sturdy and were famous companions of kings in Britain and China. They have a high trainability score of

9 out of 10. They have a goofy personality and give their owner lots of love and attention.