

Heal your PTSD by getting an ESA dog

I know that this might sound too far-fetched, but it is certainly possible.

Yes, you can heal your PTSD. And yes this can be done with the support of an ESA. After all, this is what ESAs are for.

If you do not know, then let me tell you what an ESA is.

An ESA is an animal that supports you through the worst of times.

So, if you have PTSD or any such mental health issue then you can get an **ESA dog** or cat to help you figure things out. An ESA can help you overcome the many symptoms of PTSD and help bring light to your life. Thus, both of them necessitate a therapeutic solution including getting an [Emotional Support Dog](#).

I am not saying that an ESA alone will cure you. No, you will still have to take your meds and get help from your therapist.

However, when you are alone, an ESA will comfort you.

So, here are the many perks of an emotional support animal that will help you heal.

Perk #1: They Do Not Adhere To Your Rules

And this is a good thing.

A break from the rules is exactly what someone who is suffering from PTSD needs. Our routines and plans can make us feel seriously stuck in a world where so much is happening.

So, getting a dog is the best way to break out of your routine.

Perk #2: They Accept Us At Our Worst

Every healing process requires something new but the key to healing is loving and accepting yourself and this is exactly what a dog teaches us to do.

These creatures do not care about our demons and how we think of ourselves as monsters. No, they accept us just as we are, just as we should accept ourselves.

Incidentally, this love that we receive from our dog helps us accept ourselves as well.

Perk #3: They Need Us

Our dogs are dependent on us.

No questions asked.

We have to feed them, take them for a walk, and give them attention. If you have an ESA then you have to get an [legitimate esa letter](#) for housing. It is their right. They need us to do this for them and taking care of them gets us in motion.

It is healthy for a person with PTSD to indulge in some activity so that they can move on.

Perk #4: They Remind Us of Self-Care

If your dog is hungry then they need to be fed. If they want to go for a walk, they just HAVE to do it. There are no “ifs” or “buts” in these cases.

This is exactly how we should live our lives. When we need to take care of ourselves, we should put everything down and focus on making ourselves feel better. Demand that them [how to get an esa letter](#), and you're done.

Perk #5: They Help Reduce Stress

Stress is among the greatest problems faced by those who suffer from PTSD.

The trauma that they endured makes them feel stressed out all the time. So, an emotional support dog is exactly the kind of animal you need to get some of that stress out.

The loving and caring nature of most dogs ensures that you feel light-hearted, just when you need it.

Perk #6: They Can Help You Socialize

The last thing a person with PTSD wants is to be alone all the time. Socialization is essential to get rid of all your negative thoughts and bring an atmosphere of change in your life. You need to get out of the house and meet new people. This can easily be done with the help of a dog that needs to be taken out every single day.

Perk #7: They Help Bring Out Positive Emotions

Positivity is the key to success.

And know that being positive is not something that you can achieve easily if you have PTSD. This is exactly why a dog such as a Golden Retriever would be best for you.

Dogs are known to bring out positive emotions such as joy in a person's life and you need all the joy that you can get.

Perk #8: They Can Be Trained

And that is a good thing.

Even though ESAs do not require any training, this will set up a nice activity for you particularly on days when even getting out of the bed seems to be a chore. You need to get in touch with a website that sells these [esa letter for dog](#) to you.

Perk #9: They Provide Companionship

I know that there are days when loneliness seems to eat you up from the inside but you don't want to meet your friends or try to hang out with your family.

It is on these days that you need your dog more than ever.

Your dog can be the non-judgemental companion that you wish you had. No matter what you are going through, your dog will always be there for you.

- **So, yes, you can heal**

It is not impossible and you are not alone. That being said, if you need an ESA then you need an [cheap esa letter](#). And for this, you need to get in touch with a website that sells these letters to you.

But be careful!

There are many scammers lurking about so you need to be cautious about which website you choose.