

## The True Miracles: ESA Cats

You may believe that it is a dog's task to perform certain work for people with disabilities but you will be surprised to know that cats can also do wonders to the people who suffer from disabilities. Cats have been known for their healing powers for centuries. They can serve as an emotional support animal for those who suffer from mental health issues. If you want a cat as an ESA you need an [esa letter](#).

You may be wondering how cats can be a help to those who are suffering from depression. The answer is that when people snuggle with these furry little beings, they feel relax and happy. Cats have their way of giving love to their caretakers. The purring of a cat has a soothing effect and cures many health problems. In particular, cats can help the people to:

- Relief from depression and anxiety
- Calm down in stress
- Recover from surgeries and infections
- Lower blood pressure
- Prevent several cardiovascular disorders
- Get relief from chronic pain
- Improve the immune system
- Cat helps the human to live a happy and longer life.

If you live in a rented house and your landlord does not allow you to keep an ESA in the house then you probably need an [esa letter for housing](#).

Cats perfect for people suffering from depression, anxiety, and stress. These animals have a calm and soothing nature that can contribute a lot to the person's well-being. They also become a source of entertainment and laughter by performing cute tricks.

Cats are perfect esa pets because of their size and ability to adapt in any environment and to get along with their caretaker. In terms of maintenance, they are clean and quiet. They can provide the same love and care as any other animal can do. Many health professionals have recognized that health benefits from cats are same as from the dogs.

But there is one rule to remember when you are adopting an esa either it is dog or cat, you need to have an emotional support animal letter. This letter is very necessary because it will authorize you to take your esa with you outside the house or if you live in a rental property, you will need this letter to keep your pet with you. You can search for an [emotional support animal letter](#) sample, to know all the requirements of the letter. So that when you will get your letter, you will know that is real and not fake.

Moreover, cats require less maintenance as compared to dogs. Cats demand less time so it is good for you if you live far from home and spare less time for your pet. Dogs can feel lonely sometimes and demands your attention. So it is better to keep a cat as an esa if you don't have much time to spare for your pet. It is proven that by stroking a cat gently, can reduce blood pressure and anxiety level. Cats are curious by nature and will keep you amused and entertained all day long.

As discussed earlier that if you want to keep a dog as an ESA you can get an [emotional support dog letter](#).

It is easier to travel with cats because cats are small in size and hardly anyone will be afraid of cats. Majority people like cats and they appear to be harmless. This is the reason that airlines allow cats easily on flights rather than dogs. Furthermore, cats are great indoor pets. They don't need daily walks and grooming sessions like the dogs. They will always be waiting for you when you will return home. Cats are great companions during the day and will be happy if you let them sleep in your bed at night.

If you feel like that you cannot handle the stress all by yourself then why don't you adopt an esa cat that can improve your health by just purring near you. You can get all the benefits from a cat and spend a stress-free life.

If you really need an ESA you must get in contact with an [esa letter online](#) service in this regard.

**Learn More About Emotional Support Animal Letter:**

[how much do esa letters cost](#)

[how to get a esa certificate](#)

[how long is esa letter good for](#)

[how to get my dog esa approved](#)

[how to esa certify your dog](#)