

## **Benefits of getting a miniature horse as an ESA**

Emotional support animals are helpful for reducing the signs and symptoms of emotional and psychological distress in people with mental health problems. Emotional support animals are offered as a source of therapy to individuals to relieve their symptoms. ESAs work as a sort of natural therapy as opposed to the use of antidepressants and anti-anxiety drugs.

Various animals can be used for emotional support. They help improve the emotional and psychological condition of people.

Traditionally the most famous ESA options are cats and dogs but people are now discovering other options too. Miniature horses are considered as a great ESA option due to their exceptional qualities of being friendly, sociable, adorable, and smart.

More people are showing interest in getting an ESA horse due to their various qualities. Miniature horses are very tactile and sociable so they get along well with people. They are typically the size of a medium or large dog. So let's explore how miniature horses can be good emotional support animals.

## **Should miniature horses be used as ESAs?**

Miniature horses have been considered as service animals and recognized under the Americans with Disabilities Act. Now they are becoming popular as emotional support animals. You can also keep a miniature horse as an ESA. However, you would require an [emotional support dog letter](#) to do so. It is issued by a therapist or counselor who thinks that having an ESA horse would benefit you.

Scammers usually do not go into much detail when offering you a [esa letter](#) that can help you keep an emotional support animal with you at all times. Miniature horses were not popular as ESAs earlier because there was limited awareness of their usefulness. Now, people are increasingly becoming more aware of miniature horses.

Miniature horses are gaining popularity due to their gentle nature, easy to manage size, and low maintenance needs. However, you would require an [emotional support animal letter](#) for keeping your pet miniature horse with you at all times. So don't forget to get one from your therapist or counselor.

## **Benefits of having an ESA miniature horse**

Some great benefits of having an ESA miniature horse are:

1. People like having an ESA horse as it is sociable, friendly, and likes physical connection. They are loyal and friendly companions like dogs and cats.
2. Intelligent ESA species are preferable for emotional support. Some emotional support animals like dogs, cats, and pigs are highly intelligent. Similarly, ESA miniature horses are great species for support due to their high intelligence.
3. ESA miniature horses need to go out for walks daily. They have to be taken to green spaces for a walk which also has positive effects on the physical and psychological health of the owner.
4. These horses are perfect for people who enjoy the outdoors and prefer an intelligent companion.
5. You are allowed to travel with your miniature horse if you have an [esa letter online](#). Most airlines allow miniature horses to travel with their owner as long as they are clean and

well behaved. You might have to inform the airline before traveling to avoid any inconvenience.

6. Having an ESA miniature horse has the same emotional and psychological benefits as having other species as emotional support animals. Petting your miniature horse helps you relieve stress by regulating the level of cortisol hormone in the body.
7. Walking and playing with your ESA horse helps your body release dopamine and serotonin to increase pleasure and comfort.
8. Going out with your ESA horse reduces feelings of loneliness and improves your social skills.
9. It helps relieve the symptoms of anxiety and frustration by grounding a person in the present.
10. It helps reduce symptoms of depression and PTSD by providing a connection.

11. These cute miniature horses are perfect for people who cannot keep canines or felines for some reason.
  
12. They can be very calm and composed even during stressful situations when they are trained properly which is a great quality for emotional support animals.
  
13. They are great traveling partners as they are not easily excited and maintain their focus.
  
14. They are also very sensitive and caring as they show great care for other horses in the wild. They show similar sensitivity and supportive behaviour towards their owners as ESA.
  
15. They display very good behavior and control at all times which is a desirable quality for ESAs.

The ADA law requires that the ESA miniature horse be treated in the same way as dogs. However, the only requirements for them to be allowed in public places is

proper house training, cleanliness, controlled behavior, and they must not put others in danger.

Other important considerations for adopting an ESA miniature horse are that they require extensive training and effort as compared to an ESA dog. In addition, it can be time taking to train a miniature horse and make it get comfortable with the new environment. So, it is not suitable for people who cannot take time out or do not feel interested in it.

However, these horses are perfect as an ESA for someone with a large house and ample outdoor space. Despite having the will and adequate space for an ESA miniature horse, you would require an [esa letter for housing](#), to keep your ESA miniature horse with you at all times.

The house should have open space and a garden or a backyard to keep the ESA miniature horse. Moreover, there should be some parks or open spaces around the house to take the horse for a walk.