

# Emotional Support Cat Breeds to Get Rid of Your Boredom - 2021 Guide

Cats are surprisingly social and they love to play with humans and other animals. Their absolute love [emotional support dog letter](#) and energetic behavior can greatly improve your mood. Their ability to recognize human emotions makes them a great ESA for someone who has mental health problems like anxiety or depression.



If you are suffering from social anxiety or you like to spend most of your time alone at your apartment, a cat can become a perfect companion to make your lonely time livable. If you want to have an ESA cat, you must be very conscious about the breed of a cat as it can increase its effectiveness as an ESA. Although all cats are lovable and are able to make you laugh with their silly actions, some breeds of cats can be more suitable for you according to your mental health condition. The following three are the cat breeds that can become the best ESAs:

If you are having problems with your frequently changing moods, then the cute and calm Ragdolls can become the best partner for you. This breed can be considered as the most affectionate of all. These cats usually are very calm in nature and do not make a lot of noise around you. So, they will not bother you in your mood swings. Cuddling makes them happy and they always behave with good manners. If you require a frequent outside trip, this breed is best to go outside with you. They are very easy to handle in public places. They are very easygoing and do not create any mess.

If you want a Ragdoll as your ESA, you need to visit a registered mental health therapist who can issue an **ESA Letter for Housing** that will enable you to go to no-animal places with your adorable Ragdoll. If you are living in an apartment where pets are not allowed, this letter will also work like a magic wand to make housing arrangements for your ESA.

This exotic breed is as calm and peaceful as the Ragdoll with amazingly fluffy coats. This rare breed is most famous due to its unique looks. A Persian cat can become your perfect partner if you are living in a small apartment. This breed never over-excited over things and hence does not require a lot of space to show their emotions. Persian cats often seem too shy as they prefer to spend time at a distance. But their love for their owner is adorable. You just need to give them some [ESA letter](#) days and they will ultimately grab their time from your schedule. You need to pay a special focus for their grooming as their fluffy coats required frequent cleaning.

This breed is the solution for most of your fears, especially social phobias. This cat is very energetic and playful. This breed is amazingly social as well. They have the ability to introduce you to any of your social gatherings. They can become a perfect roommate for you and eliminate your loneliness. Moreover, animals belong to this breed loves to spend time with their owners and required some activities. This breed is able to learn a lot of things and can play dog-like games with you. This breed can be your ultimate choice if you want a solution for your loneliness as you can spend a lot of time with them and they will never let you bore.