



WEBSITE ASSIGNMENT #2: CONTENT CREATION WITH CHATGPT

BY: OSCAR AGUILLON

EMOTIONAL SUPPORT ANIMALS: COMFORT AND CONNECTION

DESCRIPTION

DISCOVER THE MENTAL HEALTH ADVANTAGES OF EMOTIONAL SUPPORT ANIMALS (ESAS) ON OUR WEBSITE. LEARN HOW THEY CAN HELP YOU MANAGE ANXIETY, FIND EMOTIONAL COMFORT, AND ENJOY COMPANIONSHIP.

TARGET AUDIENCE

YOUNG ADULTS AGED 18 TO 30, ESPECIALLY COLLEGE STUDENTS AND YOUNG PROFESSIONALS LIVING IN URBAN AREAS OR COLLEGE CAMPUSES, WHO ARE STRUGGLING WITH ANXIETY, DEPRESSION, OR STRESS-RELATED MENTAL HEALTH ISSUES.

SUCCESS STATEMENT

YOUNG ADULTS EXPERIENCING ANXIETY OR STRESS SHOULD EXPLORE HAVING AN EMOTIONAL SUPPORT ANIMAL BECAUSE ESAS SIGNIFICANTLY REDUCE ANXIETY, ENHANCE EMOTIONAL STABILITY, AND IMPROVE OVERALL MENTAL HEALTH.

WHAT ARE EMOTIONAL SUPPORT ANIMALS (ESAS)?

ESAS ARE PETS THAT OFFER EMOTIONAL SUPPORT AND COMPANIONSHIP TO PEOPLE STRUGGLING WITH MENTAL HEALTH ISSUES, WITHOUT NEEDING SPECIAL TRAINING LIKE SERVICE ANIMALS.

MENTAL HEALTH BENEFITS OF ESAS

- REDUCTION OF ANXIETY AND STRESS
- INCREASED PRODUCTION OF CALMING HORMONES (SUCH AS OXYTOCIN)
- IMPROVED EMOTIONAL RESILIENCE AND COPING ABILITIES
- REDUCTION OF LONELINESS AND ISOLATION



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ESAS FOR COLLEGE STUDENTS

- STRESS MANAGEMENT FOR ACADEMICS AND SOCIAL LIFE
- IMPROVED FOCUS AND EMOTIONAL WELL-BEING
- BETTER STUDENT LIFE AND ACADEMIC PERFORMANCE

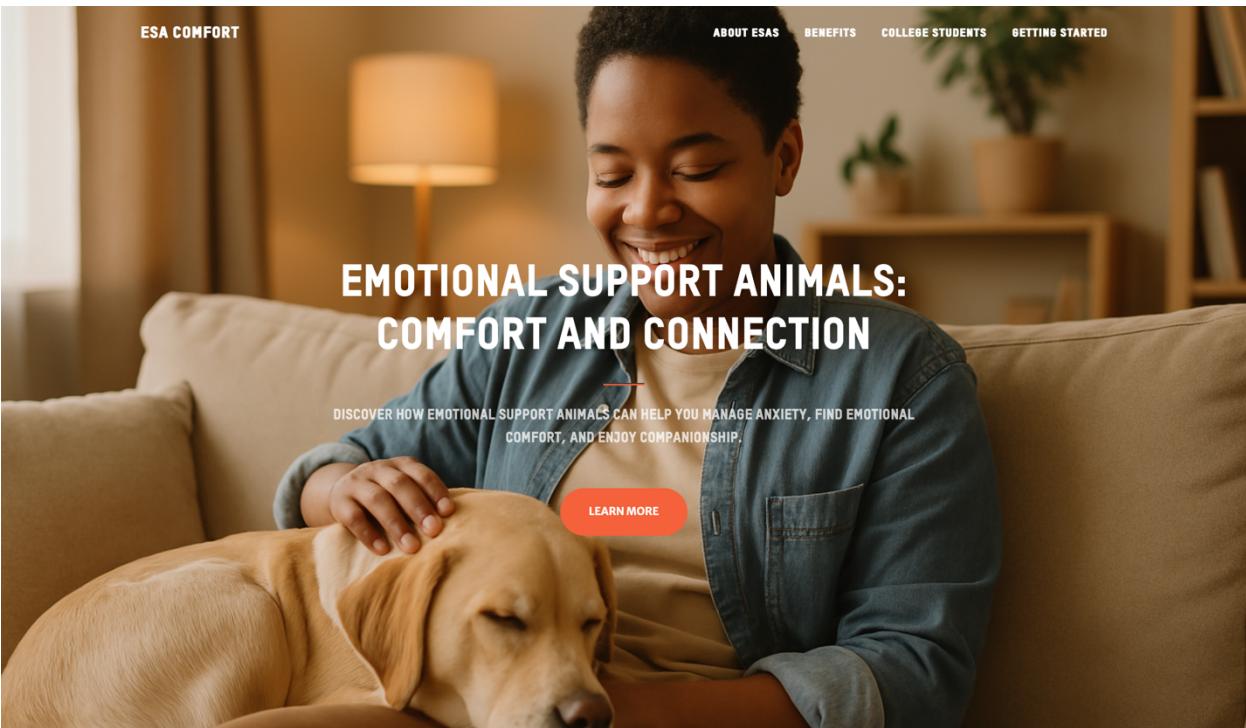
GETTING STARTED WITH AN ESA

- HOW TO DETERMINE IF AN ESA IS RIGHT FOR YOU
- STEPS FOR OBTAINING NECESSARY DOCUMENTATION
- BASIC CARE AND RESPONSIBILITIES INVOLVED WITH HAVING AN ESA

CONCLUSION

THINKING ABOUT GETTING AN EMOTIONAL SUPPORT ANIMAL COULD BE A GAME-CHANGER FOR YOUR MENTAL WELL-BEING. IT'S LIKE HAVING A FRIEND WHO'S ALWAYS THERE AND MAKES YOU FEEL BETTER.

LIVE PROTOTYPE

A live prototype of a website for emotional support animals. The header features the logo "ESA COMFORT" on the left and navigation links "ABOUT ESAS", "BENEFITS", "COLLEGE STUDENTS", and "GETTING STARTED" on the right. The main visual is a woman smiling while petting a yellow Labrador dog. The text "EMOTIONAL SUPPORT ANIMALS: COMFORT AND CONNECTION" is displayed prominently. Below it, a subtext reads "DISCOVER HOW EMOTIONAL SUPPORT ANIMALS CAN HELP YOU MANAGE ANXIETY, FIND EMOTIONAL COMFORT, AND ENJOY COMPANIONSHIP." A red "LEARN MORE" button is located at the bottom of the text area.



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ESA COMFORT

ABOUT ESAS BENEFITS COLLEGE STUDENTS GETTING STARTED

WHAT ARE EMOTIONAL SUPPORT ANIMALS?



A photograph of a ginger cat sitting on a person's lap. The cat is wearing a black collar with a tag that says "ESA". A person's hand is visible, petting the cat's head. The person is wearing a white sweater and blue jeans.

ESA COMFORT

ABOUT ESAS BENEFITS COLLEGE STUDENTS GETTING STARTED



A photograph showing a person in a brown sweater signing a document at a wooden desk. A ginger cat is sitting on the desk next to the person. In the background, another person in a white lab coat is visible.

INTERESTED IN ADOPTING AN ESA?

FULL NAME:

EMAIL ADDRESS:

PHONE NUMBER (OPTIONAL):



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TASK 1

BELOW ARE THREE CREDIBLE, PEER-REVIEWED SOURCES ABOUT EMOTIONAL SUPPORT ANIMALS (ESAS):

1. THE POWER OF SUPPORT FROM COMPANION ANIMALS FOR PEOPLE LIVING WITH MENTAL HEALTH PROBLEMS: A SYSTEMATIC REVIEW AND NARRATIVE SYNTHESIS OF THE EVIDENCE
 - A. SOURCE:
[HTTPS://BMCPSHIATRY.BIOMEDCENTRAL.COM/ARTICLES/10.1186/S12888-018-1613-2](https://bmcpshiatry.biomedcentral.com/articles/10.1186/S12888-018-1613-2)
2. PSYCHOSOCIAL AND PSYCHOPHYSIOLOGICAL EFFECTS OF HUMAN-ANIMAL INTERACTIONS: THE POSSIBLE ROLE OF OXYTOCIN
 - A. SOURCE: [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3408111/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3408111/)
3. EMOTIONAL SUPPORT ANIMALS, SERVICE ANIMALS, AND PETS ON COLLEGE CAMPUSES: CLINICAL CONSIDERATIONS AND CHALLENGES
 - A. SOURCE: [HTTPS://FILES.ERIC.ED.GOV/FULLTEXT/EJ1062480.PDF](https://files.eric.ed.gov/fulltext/EJ1062480.PDF)

TASK 2

RESEARCH SHOWS THAT EMOTIONAL SUPPORT ANIMALS (ESAS) CAN REALLY HELP PEOPLE WITH MENTAL HEALTH ISSUES. A STUDY BY BROOKS ET AL. (2018) FOUND THAT PEOPLE WITH ANXIETY, DEPRESSION, AND OTHER MENTAL HEALTH PROBLEMS FELT MUCH BETTER AFTER INTERACTING WITH THEIR ESAS. THEY ALSO HAD LESS STRESS AND WERE BETTER ABLE TO COPE WITH THINGS.

STUDIES HAVE SHOWN THAT WHEN PEOPLE AND ANIMALS ARE TOGETHER, THEY MAKE MORE OXYTOCIN, A HORMONE THAT HELPS PEOPLE FEEL CLOSER AND LESS STRESSED. (BEETZ ET AL., 2012)

MORE AND MORE COLLEGE STUDENTS ARE KEEPING ESAS AS PETS BECAUSE THESE ANIMALS HELP THEM DEAL WITH EMOTIONAL CHALLENGES AND ACADEMIC STRESS. BUT IT'S IMPORTANT FOR UNIVERSITIES TO MAKE SURE THAT STUDENTS' MENTAL HEALTH NEEDS ARE TAKEN CARE OF AND THAT THERE ARE NO PROBLEMS WITH ALLERGIES, SAFETY, OR HOUSING. (YOUNGGREN ET AL., 2016)

EMOTIONAL SUPPORT ANIMALS REALLY HELP PEOPLE FEEL BETTER AND IMPROVE THEIR SOCIAL SKILLS. THEY ALSO MAKE A BIG DIFFERENCE IN PEOPLE'S QUALITY OF LIFE.



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TASK 3

DEFINED AUDIENCE:

YOUNG ADULTS (18–30) EXPERIENCING ANXIETY, DEPRESSION, STRESS, OR RELATED MENTAL HEALTH CONCERNs, PARTICULARLY COLLEGE STUDENTS AND YOUNG PROFESSIONALS SEEKING NON-PHARMACEUTICAL WAYS TO MANAGE MENTAL HEALTH.

REFINED NARRATIVE FOR AUDIENCE:

IF YOU'RE A YOUNG ADULT DEALING WITH STRESS, ANXIETY, OR LONELINESS, EMOTIONAL SUPPORT ANIMALS CAN BE A REAL LIFELINE. STUDIES SHOW THAT JUST HANGING OUT WITH AN EMOTIONAL SUPPORT ANIMAL CAN MAKE YOU FEEL CALMER AND MORE SECURE. OXYTOCIN, THE BODY'S STRESSREDUCER, IS RELEASED WHEN YOU INTERACT WITH AN ESA, HELPING YOU COPE WITH DAILY PRESSURES. FOR COLLEGE STUDENTS WHO ARE STRESSED OUT ABOUT SCHOOL, ESAS CAN PROVIDE EMOTIONAL STABILITY, WHICH CAN IMPROVE BOTH YOUR MENTAL HEALTH AND ACADEMIC PERFORMANCE. PLUS, HAVING AN ESA CAN HELP YOU GET OUT MORE AND STAY ACTIVE, WHICH IS GREAT FOR YOUR OVERALL WELL-BEING.

EMOTIONAL SUPPORT ANIMALS AREN'T JUST PETS, THEY'RE SUPPORTIVE COMPANIONS THAT ARE CAPABLE OF SIGNIFICANTLY BOOSTING YOUR MENTAL HEALTH AND OVERALL WELL-BEING.

TASK 4

KEYWORDS:

- EMOTIONAL SUPPORT ANIMALS
- ESA
- MENTAL HEALTH BENEFITS
- ANXIETY RELIEF
- THERAPY PETS
- EMOTIONAL COMFORT
- COLLEGE MENTAL HEALTH
- OXYTOCIN

SAMPLE META DESCRIPTION:

<META NAME="DESCRIPTION" CONTENT="DISCOVER HOW EMOTIONAL SUPPORT ANIMALS (ESAS) REDUCE ANXIETY, PROVIDE COMFORT, AND ENHANCE MENTAL WELL-BEING FOR YOUNG ADULTS AND COLLEGE STUDENTS." />

TITLE TAG:

<TITLE>EMOTIONAL SUPPORT ANIMALS (ESAS): MENTAL HEALTH BENEFITS & ANXIETY RELIEF</TITLE>



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