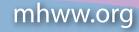
Strategies for good Mental Heath Wellness





Spirituality

What is Spirituality?

Spirituality can have many definitions. Each person interprets their own spirituality. It is something you feel and believe in. Many people express their spirituality by praying to a divine being. Often, people find their spirituality when crisis strikes.

How does spirituality affect us?

Spirituality can be very helpful in maintaining mental health wellness. A study conducted by Dr. John Maltby at Sheffield Hallam University, found that those who pray frequently have better mental health than those who do not. The findings led the researchers to believe that the relationship between mental health and religion is linked to the way people use prayer to deal with stress. "People who are religious on a personal level rather than adopting an organized religion, who perceive reasons for things and their role within a wider universe, appear less likely to suffer mental ill health. They seem to be calmer and have a sense of order and a personal perspective which makes them feel more in control instead of passing responsibility to someone or something else, "said a spokeswoman for the Mental Health Foundation.

What are some benefits of prayer?

Prayer has been linked to better health, less hypertension, less stress, more positive feelings, less depression, greater psychological well-being and superior ability to handle stress. Setting aside a quiet time each day reserved for prayer can be a positive and effective addition to recovery.

Who prays and why?

According to a study done at the University of Florida in Gainesville and Wayne State University in Detroit, older adults use prayer more than any other alternative therapy for health. Ninety-six percent of the study participants use prayer specifically to cope with stress.