

# A look at spirituality and health



Spirituality and health are two fields that are closely related but peoples in a way such that one's spirituality in some ways will tend to affect their health's welfare. Some medical facts have shown that holy or spiritual people show fewer human destructive behaviors such as taking of alcohol, committing suicide or drug abuse. They suffer less stress and always live comfortably. Most of the religious practices actually make one feel relaxed and cheerful. This may entail singing and sharing spiritual ideas with others. This subsequently reduces the chances of one acquiring stress related ailments hence an improved health (Mieler, 2005).

Majoring on a clinical context, particular psychologists pioneered some work in the area of psychology and spirituality. One of them who goes by the name Alfred Adler formerly studied medicine and supported the allegations that a religious belief system normally supports a healthy life style that may result to healthy outcomes referring to the clinical context. Adler's Psychology strives for the holistic outcomes. Consequently this develops a kind of life-style that tends to reinforce a healthy relationship. These given relationships will then promote a good health referring to the clinical context for both the care giver and the patient.

To most people spirituality is believed to be powerful and an important source of strength. This is because when they are faced with tough situations in their life such as health problems, their beliefs in God and practices assist them to overcome spirit of helplessness. This will eventually leads to achieving a sense of control. Spirituality can improves the medical state of human being. Some patients in hospital from religious background mostly recover faster from their mental disorder compared to those who are not

religious. Religious people are always hopeful hence are good in dealing with various challenges they face in life no matter how stressing they are.

Unspiritual people most of the times give up very fast hence they may end up committing suicide.

Most spiritual families are good in bringing up children healthier ways compared to unspiritual families. Most parents who are unspiritual engage their children in irresponsible behaviors such as taking alcohol. Taking of alcohol affect people's health since it causes some liver disorders for instance liver cirrhosis that may end up costing them their lives. Many people who are unspiritual are fond of taking toxic substances such cigarette which contains chemical called nicotine.

Spiritual people avoid taking of substances such as alcohol and cigarette hence they have a healthier life. Once spiritual people are role models of young people in the society they will copy them and therefore stay free from diseases brought about by of toxic substances. Also young religious people don't involve themselves in irresponsible sexual behaviors such as fornication hence they can't get some sexual associated diseases such HIV/AIDS that may affect their health negatively.

Staying healthy is very important all human beings. Good health helps in staying fit and avoid some diseases and sicknesses. Healthy people are usually active and are able to carry out their daily activities. Health does not only increase youth body performance but still increases confidence.

Healthy people increase their mental activities and are able to grasp things very fast since they develop a good wit.

Staying healthy makes people to complete their duties in place of work and their goals in life. Maintaining good health keeps one away from psychological problems such as stress. It also reduces chances of being depressed by small things in life. Good healthy increases self-esteem. Taking alcohol and cigarette can cause ill healthy which can expose one to some psychological torture, but quitting this can promote your healthy. Healthier people live longer since all their organs are functioning properly.

Spirituality and health are related in various way, as mentioned above those people who are spiritual are likely to cope with various situations in their life that can pose a threat to their health. Spiritual people share various things in common such as positive beliefs; strength and comfort gained from their religion, prayers and meditation play a great role in healing and sense of well being. Spiritual health might not cure illness, but it may help one feel better, prevent various health problems and help one to cope with sickness and stress hence improve human health. Religious practices reduce cases of blood pressure, improve mood, reduces the healing period and improved blood circulation are various benefits that one is exposed to due to religious practices.

Staying healthy requires one to be committed in taking good food and doing various exercises so as to stay fit. Taking balance diet is one way of keeping your body healthy. Exercise for instance running and jogging help in burning excess fat that can cause blockage of arteries and cause heart failure and stroke. It is also recommendable to consult a physician for proper dietary recommendations. Staying free from various drugs such as bhang and nicotine can still improve healthy.

One chief purpose of Christian in life is to promote and grow spiritually each day so as to reflect love and righteousness of God in their life and that of the whole community. There are various methods that can be used to promote spirituality for instance praying. Concern for others' is a vital part of Christian life; one should keep on praying for them. Some prayer items should include praying for good health, marital problems and other challenges that face them in life.

Another method of promoting spirituality is by reading scripture. This can be achieved through exercising topical bible study in which one write down topics to study within a particular week. While prayer and bible study are essential exercise, one should not forget to attend services in the church and fellowship with other Christians. Sharing witnesses or testimonies, encouraging each other and preaching to one another can also be used to promote spirituality.

Furthermore it is important to find opportunities to serve others and influence them with God's love and holiness. These include visiting orphans or mentally handicapped people. Charity walks and doing volunteer work can also be used to promote spirituality among Christians. Most Christians promote their spirituality through repenting daily of their sinful ways and make a change for better. They should always focus to be surrounded by positivity and abandon negativity in their life. Reading inspirational books, meditation of God's word, obeying Christ by doing as he commands and allowing their spirit grows through learning more of his truth can also be methods of promoting spirituality (Orchard, 2001).

Many medical schools have included spiritual teaching in their curricula. However, the role that a doctor should play in guiding and assisting patients in spiritual matter remains a controversial. Although there appear to be growing belief in connection between spirituality and health, scientists in this field feels that a research should be carried out to determine this connection, a better understanding where there is this connection, and how it works.