



## NUMBERS TO KNOW FOR HEALTH & HAPPINESS

# 5 Benefits of Spiritual Health



Studies strongly suggest that people with strong religious and spiritual beliefs:

1. Have a stronger immune system
2. Have lower blood pressure
3. Have less anxiety and depression



4. Are better able to deal with arthritis, cancer, diabetes, heart disease, and other chronic illnesses
5. Heal faster from surgery



### Take Action: Connect with Your Spiritual Self

Ways to discover meaning, purpose, and hope in your life can include:

- Religion
- Prayer or connecting to a higher power
- Music, art, or nature
- Helping others
- Meditation