

Life Style and Spirituality helps in Mental Health

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Abstract

This paper presents a life style and Spirituality helps in Mental Health on 'Well being' of People .Spirituality i.e. sense of Purpose and maintaining of discipline in life. Well-being is concern for an individual by which one can live a happy life of the society is based .In order to be living long an individual should be involve in religious practices through out their life. Spirituality is one of the most important sources of strength and direction in people's lives. It is a human phenomenon , which exist in almost all persons. Spirituality plays an important role in Indian Society across all ages . As one gets older, the role of spirituality become prominent .

Key word : Life style ,Spirituality , Mental Health

Introduction

“ If you have health, you probably will be happy, and if you have health and happiness , you have health and happiness , you have the wealth you need , even if it is not all you want."Lifestyle is expressed in both work and leisure behaviour patterns and (on an individual basis) in activities , attitudes, interests , opinions , values and allocation of income. It also reflects people's self image or self concept ; the way they see themselves and believe they are seen by the others. Lifestyle is a composite , needs and wants , is influenced by factors such as culture , family , reference group.

Ways to live better life Style

Be Generous : Making the world a better place-by being free with your time, energy and money- is a good place to start. By doing so you can create a domino effect that encourages others to follow in your footsteps. An act of kindness is likely to play an important role in setting

a cascade of generosity in motion , since many people can potentially observe a single act of helping.

Stop being of Jealous of other: You fear losing a relationship or wish you had things other people have, you need to let go. When it comes to your relationships, nothing is more attractive than genuine confidence.

Be Appreciative: We live in society in which you are completely free to choose your own destiny and pursue happiness. This isn't case everywhere on the planet and much of the world's timeline has been stained with murderous wars that, again, have taken the lives of billions of people. You're alive. Be grateful for it.

Vow to get healthier: It's hard to be appreciative when you feel like crap. Exercise every day and always take the stairs. Drink water instead of diet soda, which is remarkably bad for you. Eat foods rich in anti-aging antioxidants- things like berries, red peppers, dark green vegetables, garlic , tea and fish.

Eradicate fear of failure : Fear of failure can deter people from taking action yet if you never try anything you'll never achieve anything.

Be kind and helpful: Being kind is an important way of bringing meaning our own lives. It also brings joy to the lives of the others around us. Being kind allows us to communicate better , be more compassionate and also to be a positive force in people's lives. Kindness has its true source deep with in you, and while some people are innately kind, it's something that everyone can cultivate by choice.

Spirituality helps in Mental Health

Mental Health is influenced not only by trait markers, general living conditions and major life events , but also ,as increasing evidence indicates , by simple everyday behaviour that can be altered by an individual. It is relationship between various lifestyle factors and physical as well

as mental health , with important health improvements and wellbeing following relatively small changes in life style. “Spirituality is a way of accepting the fact that there is a spiritual force in the universe larger than all of mankind.”

The term spirituality generally used to denote certain positive inwards qualities . Spirituality is a unified quality of mind , heart and soul . Body and mind are inseparable ; a sound mind in a sound body and vice-versa ; Health of these two is interlocked. For healthy and meaningful life balance between these two is not only a sufficient but also a necessary condition. Spirituality is an important aspect of mental health. St. Augustine prayed “ O God, thou created us in thy image and our hearts will be restless until they find their rest in thee.” Though Sigmund Freud looked upon religion as an illusion and neurosis, Carl Jung considered the psyche as a carrier of truth, powerfully rooted in the unconscious mind. Religion is important, directly and indirectly , in the etiology, diagnosis, symptomatology, treatment and prognosis of psychiatric disturbances.

Spirituality or beliefs may be described as experiencing a deep sense of meaning and purpose in life , together with a sense of belonging. It is about acceptance, integration and wholeness. It applies to everyone , including those who do not believe in God or a ‘Higher being’ . For an individual , their spiritual , religious or personal beliefs may be particularly important in times of emotional stress, physical and mental illness , loss and bereavement. People’s beliefs and experiences of spiritual or religious matters can change through the course of their family of origin. Spirituality is a deep feelings and beliefs-both religious and non-religious –and often this involves questions about who we are and why we exist , or the meaning and purpose of life. It involves many factors such as morals and principles ,ethics and values, one’s connection to others or relationships with them , and a sense of belonging . It has also been described as acceptance of being human and a sense of wholeness , irrespective of intellectual ability. It is believed that when we are spiritually healthy our inner selves can be in harmony with the world around us, even when we are under emotional, mental or physical stress. Spiritual life can give people strength and impress their well-being.

When families face difficult situations ,including health problems , restores, meaning and order to life 's joy and promote regaining a sense of control. for families ,spirituality can be powerful and source of strength. Medical studies have confirmed that spirituality can have a profound effect on mental health states. The attheir illness. A second study showed that the more religion patient were, the more quickly the recovered from some disorder. A third study revealed that high levels of hope and optimism , key factor in fighting depression , were found among those who strictly practiced their religion.

Spiritual wellbeing is about our inner life and its relationship with the wider world. It includes our relationship with the environment, our relationship with our selves. Spiritual well being does not just reflect belief although for people of a religious faith it is obviously a central feature. Each person's spirituality is greatly impacted by the community they are a part of and their relationships . To be spiritually well will mean a positive engagement with others, self and our environment. Treatment, if spirituality is related to mental health and if religious beliefs and experiences are important in the life of the psychiatric patient, it is only natural that we should include religious concepts in psychotherapy. For example, some Christian, Gita, Buddhist and Quran passages can be profitably used to help the patient to cope with life situation. Appointment with a higher power from whom you seek to gain wisdom or guidance. Or it can be simple disconnecting from the hectic day turned into a time of union with God , Nature and Good Energy . Many Scientist have found that prayer and meditation provide physical relief or hope in healing.

Conclusion

Better life style and Spirituality has favourable impact and relationship with wellbeing among people. Spiritual people have a good well-being and they are well adjusted in the society . It was also found that spirituality enhance the well being . Hence, to maintain healthy life spirituality is necessary. So they get too close to God because whoever leaves his desires and precede his life is better and closer to God.

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