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Develop Spirituality To Guards Our Mental Health

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Abstract

*Spirituality plays a vital role in our mental health. We are physical beings, but we have emotional and spiritual needs as well. Being aware of our spiritual needs is of vital importance. Spiritual means to think act and interact from an awareness of self as spirit not form, soul not body spirituality has been referred to as "the forgotten dimensions" of mental health care. **Koenig, H.** reveals that the spiritual beliefs and practices help to prevent many physical and mental illness, speeding up and enhancing recovery. Spirituality is concerned with people finding meaning & purpose in their lives, as well as the sense of belonging, of community because spirituality comes into focus in time of stress, suffering, physical and mental illness, loss, during and bereavement. It is important not only in psychiatry but also though out all of medicine. Spirituality has been called 'a quality that strives for inspiration, reverence, awe, meaning and purpose even in those who do not believe in God. Mental health is a level of psychological well-being, or an absence of a mental disorder. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. According to **World Health Organization (WHO)** mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others."*

The present paper focuses on spirituality and mental health problems at present scenario. We will discuss about different ways to develop spirituality and spiritual practices and how it helps us to prevent mental health problems.

Spirituality plays a vital role in our mental health. We are physical beings, but we have emotional and spiritual needs as well. Being aware of our spiritual needs is of vital importance. Who are we? what is our purpose in life? These are questions that can often times best be addressed on a spiritual level. The concept of spirituality is inclusive and affects everybody research evidences shows that spiritual beliefs and practices help and prevent many mental illness, reducing severity of these problems, speeding up and enhancing recovery, as well as rendering distress and disability easier to endure. Psychiatric or mental patients have identified spiritual needs as an important issue and spiritual care as contributing to symptom relief and general well being.

Spirituality often becomes more important in times of distress, emotional stress, physical and mental illness, loss, bereavement and the approach of death. Spirituality helps people maintain a good and healthy mental and physical well-being. It also helps them cope up with stress in their daily routine and it can also keep these people grounded. This enables a lot of people to be resilient despite having problems in their life. Spirituality also brings a feeling of connectedness to something bigger and higher than you. It can also provide a means of coping with a problem and to rely with the person's own resilience and strength. It can also help people to make sense of their experiences and their feeling. Spirituality brings people strength and improves their well-being. Spirituality can contribute to mental health and wellbeing, mental illness and recovery.

Swinton argues that "spirituality is an intra-, inter-and trans-personal experience that is shaped and directed by the experiences of individuals and of the communities in which they live out their lives." Spirituality means different things to different people and people express their spirituality in different ways. Spirituality is identified as "deep-seated sense of meaning and purpose in life, together with a sense of belonging." It is about acceptance, integration and wholeness.

Spirituality and Mental Health

Spirituality means differently for everyone and people can express it in a lot of ways as well. This is an important belief system that helps people maintain a good and healthy mental and physical well-being. This enables a lot of people to be resilient despite having problems in their life.

Spirituality can mean any of the following:

- Faith or religion
- Their journey or direction and meaning to the patient's life
- How they understand the world and where they see themselves in the world
- belief that there is a divine force or higher being above any individual
- core part of who they are
- connectedness or feeling of being one with the world
- journey for hope, harmony or wholeness

Spirituality helps people who have mental problems

The Spirituality helps people to deal with periods of mental illness or stress. Spirituality also brings a feeling of connectedness to something bigger and higher than you. It can also provide a means of coping with a problem and to rely with the person's own resilience and strength. It can also help people to make sense of their experiences and their feelings. Spirituality brings people strength and improves their well-being. Some practices of spirituality can worsen or damage mental well-being because some belief systems are deemed too repressive and that their members are too judgmental. Past traumatic experiences with their spirituality or

religion can become a burden for a person with mental problems. Their belief systems may be frightening or disturbing that it leads to a change in their attitudes and a worsened mental state.

Spirituality & Some Mental health problems

1- Spirituality and Depression:

Depression is the most common mental health problem. It is including feelings of sadness or misery, unexplained tiredness and fatigue, the feeling that even the smallest tasks are almost impossible, a loss of appetite for food, sex or company, excessive worry, feeling like a failure, unjustified feelings of guilt, feelings of worthlessness or hopelessness, sleep problems and physical symptoms such as back pain etc. Depression is recovered through spirituality by understanding and empathy, worship and prayer

2- Spirituality and Anxiety:

The symptoms commonly associated with anxiety can be emotional, intellectual, physical and social. These include feelings of shame, grief or aloneness; difficulty concentrating or an inability to learn, increased breathing and pulse rate, difficulty sleeping and problems with eating and irritability or unusual levels of aggression. Prayer, yoga and meditation are also associated with improvements in mental health and reductions in anxiety.

3- Spirituality and PTSD:

Post-traumatic stress disorder (PTSD) is a delayed reaction to an abnormal, traumatic life experience, such as war, terrorism, a car or aircraft accident, a natural disaster, or physical, sexual, emotional or psychological abuse. One spiritual pathway that has been shown to reduce stress and related symptoms in war survivors is meditation on a word or phrase with spiritual significance (sometimes called a mantra).

4- Spirituality and Schizophrenia:

Schizophrenia is a severe mental illness characterized by disruption in cognition, perception and emotion. This may affect language, thought, perception, a affect and a person's sense of self. People with a diagnosis of schizophrenia find hope, meaning and comfort in spiritual beliefs and practices. Spirituality is relevant and valuable benefits to living with and recovering from this illness.

Spirituality helps people have a good mental and physical health. It also helps them cope up with **stress** in their daily routine and it can also keep these people grounded. Inclusive and tolerant spiritual communities also claim to provide valuable friendship and

support. There are some evidences that link spirituality and the improvement in people's physical and mental health.

Ways to develop Spirituality

To develop spirituality means bringing a stronger sense of balance into your life. The great teacher and spiritual leader **Rudolph Steiner** spent his lifetime searching for keys to living more consciously.

There are the six essential keys to a more aware and spiritually developed life

1. Control of thoughts
2. Control of our actions
3. Equanimity
4. Understand every being
5. Complete openness
6. Inner harmony

Spiritual Practices:

- Belong to a faith tradition and take part in services or other activities with other people.
- Take part in rituals, symbolic practices and other forms of worship.
- Go on pilgrimage.
- Spend time enjoying nature.
- Spend time in meditation, deep reflection or prayer.
- Follow traditions of yoga, Tai Chi and similar disciplined practices.
- Listen music (basically motivational & classical)
- Spend time in
- Appreciate the arts.
- Is creative-painting, sculpture, cookery, gardening etc.
- Make and keep good family relationships.
- Make and keep friendships with trust and intimacy.
- Join in team sports or other activities that involve cooperation and trust.

Conclusion:

Spiritual beliefs are an important part of how many people deal with life's joys and hardships. Spirituality can play an important role in helping people maintain good mental health and live with or recover from mental health problems. But some people's experiences of spirituality may be damaging to their mental health. Spiritual beliefs and practices help and prevent much mental illness, reducing severity of these problems, speeding up and enhancing

recovery, as well as rendering distress and disability easier to endure. So many researchers found that Spirituality offers a silent space in which to come compassionately together and share in grieving when little else can be done. There is a growing consensus that mental health and spiritual health are closely related. In the field of research and practices the spirituality improving mental health and achieving equity in mental health for all people worldwide.

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