

# Faithful Heart



**H**as anyone ever told you to “have a little faith”? According to recent studies, the power of prayer may really have an impact on your health. Prolonged exposure to stress hormones such as adrenaline and cortisol can be damaging to the body. Anything that reduces stress and inhibits the “fight-or-flight” response

can decrease cardiovascular problems. So what does this mean for you? Enhancing spirituality, praying, or meditating are all ways to reduce your risk for heart disease.

Many religions and/or belief systems promote a healthy lifestyle that:

- Includes peace and plenty of rest
- Discourages excessiveness such as drinking, overeating, and bitterness
- Provides social support that reduces stress in traumatic situations.

Each of the above points can help reduce your risk for heart disease. Simply meditating on the events of your day can help you relieve stress and enjoy the benefits of inner peace and rest.

What are some small things that you can do to help foster spiritual or peaceful moments in your life or the life of someone you care for? Follow these simple tips:

- Read passages from a religious book
- Attend a religious service or watch a service on television if you are unable to attend
- Arrange for a visit from a religious leader such as a pastor or rabbi



- Play traditional music or hymns
- Enjoy a sunrise or sunset
- Pray with someone you love and trust

Source: [http://idea.library.drexel.edu/bitstream/1860/522/1/Wilkins\\_Victoria.pdf](http://idea.library.drexel.edu/bitstream/1860/522/1/Wilkins_Victoria.pdf)

<http://www.webmd.com/heart-disease/guide/strength-tough-times>

