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Christian spirituality, without an integration of emotional health, can be deadly to yourself, your relationship with God, and the people around you. (7) In fact, the spirituality of most current discipleship models often only adds an additional protective layer against people growing up emotionally.

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Spirituality and Health familydoctor org

No one really knows for sure how spirituality is related to health. However, it seems the body, mind, and spirit are connected. The health of any one of these elements seems to affect the others.

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Faith & Spirituality. As we learn more and more about the connections between the mind and body, it becomes clear that spirituality, religion and faith can help some individuals live well with mental health conditions.

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Spirituality and mental health Mental Health Foundation

Spirituality can play an important role in helping people maintain good mental health and live with or recover from mental health problems. Although some organised religions can be experienced as harmful.

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