

Offer a bigger sense of purpose. A connection to a greater power or truth can give you a sense of purpose and meaning beyond the day-to-day. Provide social support. Through practicing your spirituality, you may become involved with a community of like-minded people. Lift the spirit. Activities related to your spiritual practice or community involvement, such as singing and music, may also have positive effects on emotional health. Participating in a choir offers a support system and may reduce anxiety and depression. Help you cope with difficulties. Spirituality or religion can provide a framework for dealing with unexpected or negative events. Regular church attendance and prayer appear to lessen the symptoms of depression when dealing with the death of a loved one. If you have faith, rely on it, and if you don't have a traditional faith, you can cultivate this by relying on other venues that provide that sense of connection, unity, or feeling at peace. That might include being out in nature, or practicing yoga or meditation.