

WISDOM FROM VARIOUS FAITHS

Many people are understandably skeptical when it comes to participating in religion. Many harms have been done in the name of religion.

Still, many people turn to faith when they are experiencing challenges in life. Why is that?

Positive Values

It's important to remember that many faiths do tremendous good in the world. Most faiths promote values of love, acceptance, forgiveness, and ethical ways of living etc. Most faiths promote healthy ways for engaging with stress producing emotions like fear and anger. When we see things we'd like to change in our lives and need help, many faiths offer support from others going through a similar experience, a faith leader and a Higher Power.

Meaning and Purpose in Life

There are plenty of reasons to feel discouraged about our future and the future of our planet. A basic teaching of most faiths is that we have all been given abilities that benefit others. When we use those abilities, individually or as a group, to serve others and promote the common good, it is inspiring and amazing to see the good we can create in the world. This in turn promotes a sense of meaning and purpose in life.

Hope and Optimism

A healthy faith accepts that none of us can escape challenges and hardships in life. A healthy faith also accepts that while hardships can help us grow into stronger, wiser, kinder, more patient and humble people, we are not alone on the journey. Many faiths teach there is a Higher Power, known by many names, who knows us well and offers us what we need today and in the future. That belief builds a sense of hope and optimism and decreases stress. Faith also helps us to accept when things do not turn out the way we hoped. Faith helps us to believe there will be more opportunities in the future.



For more about how faith may help in challenging times, take a look at some of these resources:

Something to Watch

[Wisdom and Encouragement from Five Local Winnipeg Faith Leaders](#)

Our thanks to:

Rabbi Kliel Rose, Congregation Etz Chayim

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Bhante Balaingoda Sugathasiri, Manitoba Buddhist Vihara

Rev. Mary Anne Isaak, River East Church

[Is Faith Good for your Mental Health?](#)

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<p>Friends</p> <p>We all need friends to celebrate our successes and support us through the rough times. Many people find good friends in a faith community. These good and lasting friendships help to lower our stress.</p> <p>Calm</p> <p>Many faiths practice various kinds of prayer and contemplation. These practices have been shown to create physical changes that lead to a reduction in stress, much like mindfulness.</p>	<p>Something to Do</p> <p><u>Calmness Prayers (xavier.edu)</u></p> <p>Something to Read</p> <p><u>How Faith Helps You Cope with Stress - dummies</u></p> <p>A large and growing number of studies have shown a direct relationship between religious involvement and spirituality and positive health outcomes, including mortality, physical illnesses, mental illness, HRQOL, and coping with illness (including terminal illness). Studies also suggest that addressing the spiritual needs of patients may facilitate recovery from illness. See the Mayo clinic proceedings below.</p> <p><u>Religious Involvement, Spirituality, and Medicine: Implications for Clinical Practice - Mayo Clinic Proceedings</u></p>
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