

Summer: a great time to try a new spiritual practice



Summertime provides an opportunity to slow down and enjoy nature, outdoor activities, and warmer, longer days. The new season also can inspire us to focus on our health—to set new exercise goals, and eat more nutritiously.

This summer, consider caring for your spiritual health, as well, by trying a new spiritual practice. The [Earl E. Bakken Center for Spirituality & Healing](#), offers these ideas:

Meditation can calm you, clear your head, and improve concentration and attention. Meditation also can reduce sensitivity to pain, enhance your immune system, help you regulate difficult emotions, and relieve stress.

Prayer may elicit the relaxation response, along with feelings of hope, gratitude, and compassion—all of which have a positive effect on overall wellbeing.

Yoga can reduce inflammation and stress, decrease depression and anxiety, lower blood pressure, and increase feelings of wellbeing.

Journaling can help you become more aware of your inner life and feel more connected to your experience and the world around you.

A spiritual community can improve your life.

According to the [Earl E. Bakken Center for Spirituality & Healing](#), "...Spiritual fellowship, such as attending church or a meditation group, can be sources of social support which may provide a sense of belonging, security, and community. [Strong relationships](#) have been proven to increase wellbeing and bolster life expectancy, which is perhaps why one study found a strong association between church attendance and improved health, mood, and wellbeing."

Sources:

[Why Is Spirituality Important? | Taking Charge of Your Health & Wellbeing](#)

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[What happens when you meditate every day?](#)

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