

## Spirituality and Religion

People who are spiritual or religious live longer and are healthier. After having open heart surgery, people who are religious have a 3 time bigger chance to be alive half a year after the surgery. This might be due to the fact that religious people perform more healthy behaviors (since religions usually prohibit things like drinking, drug use and smoking). A religious life is usually also a life with less stress, by advocating modesty and a harmonious family life. The social support that belongs to religious organizations (churches, mosque, temples) is one of the explanations why religious people are not only healthier, but also happier. People practice religion among like-minded people, and have a large social network.

In general, people don't just decide to become spiritual or religious. Therefore, this is not a strategy that will work for everyone. However, if you are already religious or spiritual, you could try to make this a bigger part of your life. Reach out to the people around you that you can share these ideas with. Actively try to experience a sense of 'divinity' in your daily life. Make a small altar that helps you to practice your spirituality / religion regularly. Go to your church / mosque / synagogue every week.