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## ONFAITH

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ORRIN KRUBLITZ

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### ASKING THE CLERGY

# What are the mental health benefits of religion?

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**R**eligion and spirituality can significantly impact mental health, offering a sense of purpose, providing social support, instilling hope and fostering resilience. The communal aspects of religious practice, such as congregational worship and involvement in religious activities, can provide a robust social support network, essential for maintaining mental well-being, reducing stress and enhancing overall life satisfaction. This sense of community helps in mitigating feelings of isolation, loneliness and stress, ultimately uplifting one's spirit and

enhancing mental health. The teachings and wisdom of sacred texts — in Judaism that would be the Torah and the Talmud — provide ethical guidance and moral clarity, allowing individuals to navigate life's challenges with resilience and hope. They offer insights into the human condition and encourage the pursuit of justice, kindness and humility, fostering a sense of inner peace and spiritual fulfillment. Like other religions, Judaism, through its rich traditions, rituals and teachings, offers profound mental health benefits by fostering a sense of purpose, community, moral clarity and a deep connection with God, enriching the mind and the soul alike.