



FORGIVENESS | JULY 2019

Courageous people do not fear forgiving, for the sake of peace. - Nelson Mandela

It can be quite difficult to forgive, whether it is forgiving others or perhaps even ourselves. We could all learn from the path that Nelson Mandela took and follow his example on this quality that he depicted and lived by his whole life.

Many people might believe forgiveness is just a virtuous or perhaps religious sentiment to give or receive in response to something that has offended, upset or harmed another person or themselves. However, true forgiveness and the benefits for being able to forgive are so much more than just an action or a word and research has shown that it contributes for overall good mental and physical health. It was found that people who were better at forgiveness had lower stress and tension levels, and were at less risk of being depressed, anxious and angry.

Please click on the below 2 great articles on this very topic to give you more insight of how and why we should all be more forgiving as it turns out that by doing so, we will all be healthier – not only mentally but also physically.

Happy Nelson Mandela Day on July 18th and may your 67 minutes be well spent ...

The Benefits of Forgiveness By Elizabeth Scott, MS. Posted 16 June 2019

Betrayal, aggression, and just plain insensitivity: people can hurt us in a million ways, and forgiveness isn't always easy. Whether you've been cut off in traffic, slighted by your mother-in-law,

Click here to read full article <https://www.verywellmind.com/the-benefits-of-forgiveness-3144954>

Forgiveness: Letting go of grudges and bitterness by Mayo Clinic Staff. Posted 4 November 2017

When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge — or embrace forgiveness and move forward.

Click here to read full article <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>

