

# Forgiveness Is Good For Your Health



- Your body immune system is weakened when you hold a grudge against someone who have wrong you.
- It also heightens the risk of you getting heart problems, causing you to have poor concentration and even cause depression.



- There are studies being done which have shown that when you forgive someone, your stress level immediately drops significantly.
- Even by just imagining letting go of the grudge had proven to ease back pain, headaches and other signs of stress.



- However, remember that forgiving a person doesn't mean what they did was alright.
- Forgiving is about releasing your inner grudge, making yourself feel better and less stressed.



- Empower yourself with a pen and paper as writing down what happened and why it hurt you helps to release built up anger and stress.
- Writing down on paper helps you to release the negative emotions instead of keeping them all bottled up. It will help you to feel more relaxed making you a happier person.



- In another scenarios, living with the feeling that you have wronged someone can also bring stress into your own life.
- Rather than calling or talking face to face, write the apology. Writing it down gives you time to think and reflect through what you want to say.



- One of the best way to show that you are really truly sorry is to acknowledge the fact that you have hurt the person.
- Say that you apologize instead of saying you are sorry. The problem with the word "sorry" is it is so overused. It sometimes seems meaningless.



- Giving away forgiveness and asking for forgiveness is not only good for your health but also good for your soul.
- It is going to make you a happier, healthier, nicer person.





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