

# The Impact of Forgiveness on Mental Health



The act of forgiveness can bring you peace of mind and allow you to move forward.

Forgiveness is an intentional decision to release resentment and anger towards a person or situation. It doesn't mean you have to excuse or forget the harm felt, but it brings peace of mind that allows you to continue with life and improve your mental health.

Learning to forgive is a commitment to change. You can work towards forgiveness by recognizing its value and how it can improve your life, acknowledge your emotions about the harm done to you, and release the control that the offending person or situation had in your life.

There can be serious effects to holding a grudge. Struggling to find forgiveness can lead to carrying bitterness and anger to new relationships and experiences and a decline in your mental health.

Forgiveness can help:

- Improve mental health
- Decrease anxiety and hostility
- Lower blood pressure
- Improve self-esteem
- Make healthier relationships
- Fewer symptoms of depression