

Here are a few scientific studies, reviews, and reports that show links between the heart, soul, mind, and body.

Physical Activity Affects School Performance (Body + Mind)

Physical activity among youth is found to reduce depression and feelings of anxiety and to increase academic performance—better grades, higher concentration, and a better ability to stay on task with academic activities.

<http://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

Child Hunger Linked with School, Behavior & Psychological Problems (Body + Mind + Heart)

Physical hunger leads to decreased academic performance. “Hungry children have lower math scores. They are also more likely to repeat a grade, come to school late, or miss it entirely.” They are also more likely to have behavioral and psychological problems.

<http://www.nea.org/home/39282.htm>

Social and Emotional Support and Its Implication for Health (Heart + Body)

“Recent findings often show a robust relationship in which social and emotional support from others can be protective for health.” Studies have shown that people with strong support networks have lower mortality rates than those with poor social support. And social isolation, by itself, has been linked to higher mortality.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2729718/>

Study Connects Early Parent-Child Attachment with Early School Performance (Heart + Mind)

Researchers found that children who were more securely attached to their mothers in toddlerhood performed better on executive functioning tests in kindergarten. This finding held even when they adjusted for socioeconomic status and general cognitive functioning.

<http://www.ncbi.nlm.nih.gov/pubmed/26245192>

Decreased Mortality Associated with Frequent Church Attendance (Soul + Body + Heart)

A long-term study found that people who attended church frequently had lower mortality rates over the length of the study than did people who attended church infrequently. Frequent attenders were also more likely to stop smoking, exercise more, have better social contacts, and stay married. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1380930/>

Suggested Link Between Higher Immune Function and Church Attendance in Older Adults (Soul + Body)

This study found support for the hypothesis that regular attendance at religious services by older adults is connected with positive immune functioning.

<http://www.ncbi.nlm.nih.gov/pubmed/9565726>