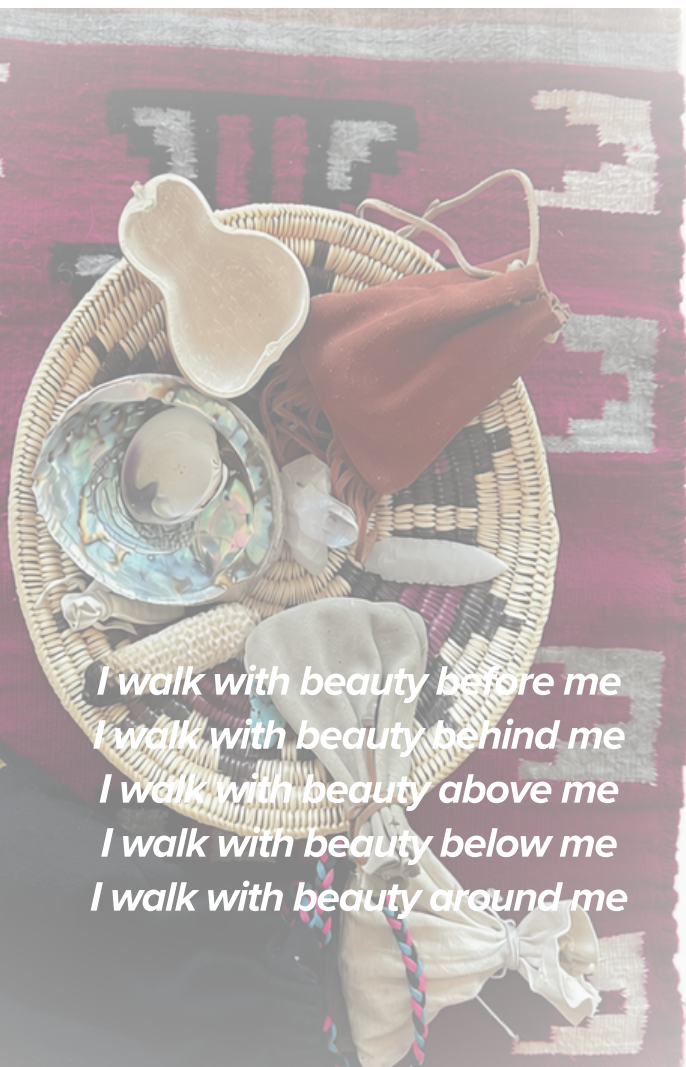


Cultural Identity

Stories, language, and traditions that guide our wellness journey.

Honoring who we are, where we come from, and how we heal together.

Living Our Teachings: Honoring the Past, Embracing the Present.



*I walk with beauty before me
I walk with beauty behind me
I walk with beauty above me
I walk with beauty below me
I walk with beauty around me*



CONTACT US

Navajo Treatment Center for
Children and Families
Administration:
PO Box 1967
Window Rock, Arizona 86515
T: (928) 871-7679



QR Code
NTCCF Website

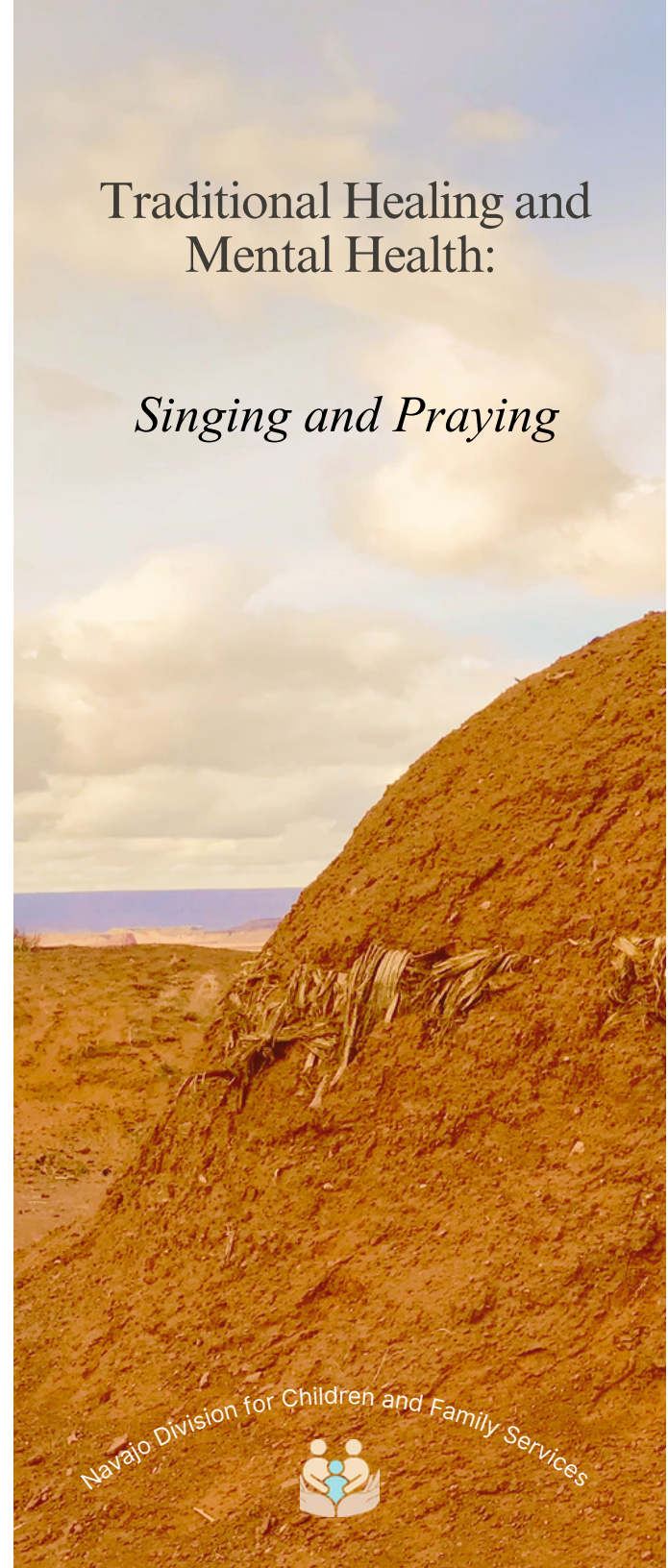


www.ndcfs.org

NTCCF: Educational purpose only.

Traditional Healing and
Mental Health:

Singing and Praying



Navajo Division for Children and Family Services



The Brain While Praying

Prayer activates concentration and self-awareness, emotional regulation, motivation, memory, and sense of self and spatial awareness. Repetitive prayer quiets the fear center, reducing anxiety. This brain pattern promotes calm, clarity, and a deep sense of connection.



When you sing, many parts of your brain work together that helps you focus, process melody, handles emotions, controls movement, and language. This brain activity builds stronger connections, improving memory, attention, and how you manage emotions.

The Effects of Singing and Praying

The Heart While Singing

Singing benefits the cardiovascular system by increasing blood flow and circulation. Increasing oxygen intake which improves heart rate and strengthening heart muscle.

Prayer supports heart health by calming the nervous system. Slowing the heart rate and helping blood pressure settle into a healthier range.

The Nervous System

Singing lifts your mood by releasing feel-good chemicals like endorphins and dopamine and lowering the stress hormone cortisol, which relaxes your nervous system and builds emotional resilience.

Prayer works similarly — activating your body's rest-and-relax response. This slows your heart rate, steadies your breathing, and can lower blood pressure, leaving you feeling calm and at peace.

