

The Impacts of Philosophical Counseling on Psychological Resilience: An Evaluation of the Philosophical Health Model

Felsefi Danışmanlığın Psikolojik Dayanıklılık Üzerindeki Etkileri: Felsefi Sağlık Modeli Üzerine Bir Değerlendirme

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Abstract: This study examines the impact of philosophical health and counseling approaches on individuals' mental well-being. Philosophical health is defined as a concept that promotes mental, emotional, and social harmony through a search for meaning in life and self-existence. Unlike traditional health models that focus solely on the absence of disease, philosophical health emphasizes leading a meaningful and harmonious life aligned with one's being. The study explores the components of philosophical health and its effects on psychological resilience and well-being. Key findings highlight the historical evolution of health concepts, showing a shift from physical well-being in Ancient Greek and Eastern medicine to a broader understanding that incorporates existential and mental balance. Philosophical health supports individuals in developing deeper meaning and resilience, encouraging not only existential inquiry but also ethical and reflective living practices. A comparative analysis of psychotherapy and philosophical counseling reveals that while psychotherapy addresses mental health issues, philosophical counseling facilitates self-actualization through meaning-making. The theoretical foundations of this approach are rooted in Frankl's logotherapy and Hadot's perspective of philosophy as a way of life. Philosophical health comprises elements such as bodily sense, self-concept, sense of belonging, sense of possibility, sense of purpose, and philosophical thinking. These components enhance individuals' psychological resilience, fostering both personal and societal harmony. Furthermore, philosophical health directly correlates with psychological resilience by equipping individuals with tools to manage stress, loneliness, anxiety, and depression effectively. The study concludes that philosophical health offers a holistic approach to mental well-being by enhancing individuals' capacity for meaning-making and promoting psychological resilience. Philosophical counseling emerges as a valuable tool for personal development and societal integration, addressing the challenges of modern life, such as increased stress and loss of meaning.

Keywords: Philosophical health, philosophical counseling, the meaning of life, search for meaning, existential health, psychological resilience, bodily sense, self-sense, belonging, possibility, purpose in life.



Introduction¹

1. Health, Mental Health, and “Philosophical Health

The concepts of health and well-being have historically been understood not merely as protection from physical illness but as a state of physical, mental, social, and existential balance. In Ancient Greece, Hippocrates emphasized “balance,” asserting that health and happiness could only be achieved through harmony between mental, emotional, and physical states (Gordon, 1988). Similarly, Eastern medicine and Indian Ayurvedic traditions considered health holistically, particularly emphasizing mind-body harmony (Kaptchuk, 2000). Health thus represents the individual’s ability to sustain a meaningful and comprehensive presence in all aspects of life.

In the 20th century, the World Health Organization (WHO) formalized this holistic understanding by defining health as a “state of physical, mental, and social well-being” (WHO, 1948). This broad definition continues to evolve to include social and emotional well-being, as well as the capacity to add meaning to one’s life (Nordenfelt, 1995). This multidimensional concept of health increasingly highlights existential health, the meaning of life, and living in alignment with one’s existence as significant in modern societies (Frankl, 2006).

Philosophical health directly connects mental and emotional well-being by fostering a reflective, meaning-oriented perspective on life. Unlike other health disciplines such as psychology, psychiatry, or psychoanalysis, which focus on managing specific behavioral patterns or mental health knowledge, philosophical health emphasizes personal growth, self-sense, and the pursuit of meaning in daily life (Nussbaum, 2001).

This model addresses the unmet existential needs of individuals, providing a response to these needs by aiming to achieve a coherent, meaningful integration of memories, thoughts, and experiences. It is therefore presented as a complementary model for mental health, closely tied to concepts such as “psychological resilience” (Marinoff, 1999). Philosophical

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health serves as a functional tool for supporting the search for meaning and directing individuals toward a deeper understanding of life (Cohen, 2006).

Examining the fundamental approaches and methods of philosophical health in the academic literature will further deepen the discussion. Pierre Hadot's perspective of "philosophy as a way of life" serves as a theoretical framework, highlighting the potential of philosophical practices to contribute to mental health. According to Hadot, philosophy is not merely about theoretical knowledge but also a practice that promotes mental and spiritual health (Hadot, 1995). Nussbaum, on the other hand, emphasizes the stoic perspective, which enhances emotional resilience through the cultivation of virtues and kindness (Nussbaum, 2001).

Lou Marinoff's work on the process of philosophical health demonstrates its therapeutic potential. Marinoff presents philosophical health as an alternative to psychotherapy, offering individuals tools for existential exploration and facilitating improvements in mental health (Marinoff, 1999). This perspective underscores the distinctiveness of philosophical health from other therapeutic methods and highlights how it can complement them.

Psychotherapy often employs rules, behavioral techniques, or psychoanalytic methods to address mental health issues. In contrast, philosophical health aims to add broader meaning to individuals' lives, integrating ethical and existential dimensions into their perspectives (Yalom, 1980). Frankl's concept of logotherapy aligns with this view, emphasizing the development of a broader sense of purpose and meaning rather than merely solving immediate problems (Frankl, 2006). By integrating existential inquiries and fostering expansive perspectives, philosophical health can complement psychotherapy and environmental health practices.

The modern world, with its increasing stress levels, rapid life cycles, and widespread feelings of disconnection, has heightened the need for individuals to understand themselves, find meaning, and reassess their ways of living (Baumeister, 1991). Philosophical health offers a supportive approach to addressing these challenges by fostering self-sense, existential reflection, and the re-evaluation of life patterns.

In contemporary societies, individual well-being is understood as encompassing not only mental and physical health but also the pursuit of



meaning, social well-being, and ethical values (Csikszentmihalyi, 1990). Philosophical health promotes this holistic perspective, encouraging individuals to embrace their unique existence and contribute meaningfully within it.

This introductory section establishes the theoretical sustainability of health as a concept, helping readers understand its nuances. Drawing on relevant literature, this discussion contextualizes health within its interdisciplinary connections and highlights its modern necessity in fostering individual well-being.

Philosophical health refers to an individual's capacity to approach life events, human relationships, belief systems, and social conditions with a rational, questioning, and meaning-oriented perspective. A person with philosophical health not only employs reasoning skills but also practices critical thinking, conceptual depth, and moral integrity to lead a more meaningful and balanced life. Philosophical health involves the ability to approach situations objectively and fairly, and to understand oneself and the world through a deeper sense of meaning.

2. The Importance and Value of Philosophical Health

Philosophical health offers a comprehensive framework for a healthy life that encompasses not only an individual's mental and emotional well-being but also their social relationships. Developing a healthy perspective enables individuals to maintain harmony both within themselves and with those around them. Such harmony enhances the quality of life, reduces stress levels, and fosters healthier relationships with others. Philosophical health encourages individuals to consider not only their own interests but also to evaluate the rights, emotions, and perspectives of those around them fairly. In doing so, individuals gain a deeper understanding of their responsibilities as social beings.

The loss of the ability to approach events or situations with reason and logic not only plunges individuals into personal crises but also disrupts the general harmony of society. Philosophical health is invaluable for sustaining this harmony and ensuring that individuals contribute more positively to society. The effort to understand oneself and the world on a deeper level is one of the core values of philosophical health. This effort



brings individuals closer not only to personal happiness but also to social peace and universal understanding.

The concept of “philosophical health” represents an approach aimed at supporting individuals’ mental and emotional well-being through philosophical thinking and lifestyle practices. This concept encompasses mental and emotional health alongside physical health and is particularly linked to the individual’s search for meaning, values, and the processes of questioning life. Philosophical health explores how philosophical thought can guide human life in a more meaningful and healthy way, psychologically, ethically, and existentially. In fields such as philosophical counseling, assisting individuals in exploring their inner worlds, encouraging deep reflective thinking processes, and seeking answers to questions about the meaning of life shapes the understanding of philosophical health.

In the literature, philosophical health is often employed to help individuals lead more conscious and aware lives. This approach can contribute to emotional and cognitive healing processes through philosophical approaches integrated with psychotherapy (Marinoff, 2003; Cohen, 2006). In this context, philosophical health differs from other approaches in the field of mental health by emphasizing philosophical inquiry and personal development.

3. Paths to Developing Philosophical Health Through Philosophical Thinking Skills

Attaining philosophical health requires consistent intellectual effort and a process of self-development. Steps that can be taken on this path include the following:

1. Developing a Questioning Mindset:

Philosophical health necessitates that individuals critically examine themselves and their surroundings. By continuously asking questions such as “Why?” and “How?” about themselves and the world around them, individuals can deepen their thought processes. This questioning approach enables individuals to look at events with more depth rather than a superficial perspective.

2. Enhancing Critical Thinking Skills:

Critical thinking involves not only distinguishing right from wrong but also identifying the underlying reasons and connections behind events. This



skill helps individuals understand complex situations and approach them with a fair perspective.

3. **Cultivating Empathy and Tolerance:**

Philosophical health also involves understanding others' perspectives and respecting differences. Even if individuals believe their own thoughts to be correct, they should learn to respect others' views and try to understand their perspectives. This approach aids individuals in harmonizing not only with themselves but also with society.

4. **Maintaining Emotional Balance:**

Philosophical health is not solely an intellectual endeavor but also requires emotional balance. Developing the ability to manage one's emotions and thoughts allows individuals to approach situations more healthily and balancedly. This balance contributes to a more thoughtful and aware attitude rather than reactive behavior.

5. **Adopting a Habit of Philosophical Reading and Discussion:**

Philosophical health is cultivated by expanding one's intellectual horizons. Reading philosophical texts and engaging in discussions about various ideas enable individuals to reassess and refine their own thoughts. By encountering different perspectives, individuals increase their mental flexibility rather than merely reinforcing their own ideas.

6. **Understanding Oneself and Developing Self-Sense:**

Philosophical health begins with the effort to know oneself. Understanding one's strengths, weaknesses, desires, and fears allows individuals to approach events and situations with greater sense. A person who knows themselves can take more confident steps in self-improvement.

An individual who attains philosophical health evaluates the challenges they face in life within a more meaningful framework, thereby enhancing their personal happiness and societal harmony. For this reason, philosophical health is not only a contributor to an individual's inner balance but also a foundational pillar of societal well-being.

A-) **Philosophical Health in Luis de Miranda's Perspective**

"Philosophical health" is conceptualized as a state of balance that allows an individual to lead a meaningful and productive life, even in a hostile world, by achieving harmony among their thoughts, values, virtues, and actions. This concept transcends mere psychological well-being or willpower



and signifies the enhancement of life's possibilities and the fulfillment of the need for self-actualization (de Miranda, 2022: 1). According to de Miranda, philosophical health represents a condition in which an individual's thinking, speech, and behavior are aligned. This harmony increases the likelihood of living a noble life and provides satisfaction in the journey toward self-realization. Philosophical health implies attaining existential coherence and reconnecting with the concept of "sense of possibilities," a sensation that enhances an individual's capacity to ascribe meaning to life and assists them in realizing their potential.

Luis de Miranda interprets "philosophical health" as centered on an individual's inner harmony and orientation toward universal good. This concept involves achieving coherence among one's thoughts, emotions, speech, and actions while developing a consciousness that not only considers personal well-being but also prioritizes the good of all living beings. De Miranda defines philosophical health as a state of alignment with oneself and the world, emphasizing the necessity of philosophical reflection to cultivate such a state. At its core, philosophical health is rooted in "variegated coherence" and "intentional directedness at a trans-subjective good." Variegated coherence refers to a meaningful unity in which an individual's thoughts, emotions, and actions are harmoniously aligned within themselves and in relation to others and their environment. This coherence enables individuals to deepen their existence not only within their inner world but also in their relationships with others.

The intentional directedness toward a trans-subjective good suggests that an individual with philosophical health acts not solely for personal benefit but for the well-being of the entire universe. According to this understanding, individuals with philosophical health strive for collective harmony and mutual healing for all living beings. This framework aims to cultivate a consciousness that integrates individual and societal well-being.

Philosophical health is built upon the theoretical process of identifying existential meaning and acting in accordance with it. De Miranda's perspective suggests that individuals develop a profound sense of responsibility toward themselves and others, thereby establishing a meaningful place within life. This theory posits that self-discovery, harmonious living with



others, and adherence to the guidance of philosophical thought enable individuals to achieve philosophical health.

Conceptual and Practical Dimensions of Philosophical Health: The Healing Power of Thought as a Method and Lifestyle

The concept of philosophical health requires individuals to accept their existence and live in harmony with it. This harmony is achieved through understanding one's physical existence and evaluating the opportunities encountered in life. De Miranda argues that a lack of this harmony can negatively impact an individual's health and quality of life. Philosophical health is crucial not only for achieving coherence and harmony within oneself but also at a societal level (de Miranda, 2024a, p. 5). Luis de Miranda defines philosophical health as a holistic understanding of well-being that allows individuals to comprehend themselves and their surroundings in greater depth. It aims to achieve mental, emotional, and social balance, distinguishing itself from physical and psychological health approaches (de Miranda, 2024a, p. 3).

In defining philosophical health, Miranda explores the etymology of the term "health," derived from the word "heil," which implies wholeness. This perspective highlights the unity between health and reality. Unlike other disciplines, philosophical health focuses on understanding the whole rather than its parts (de Miranda, 2024a, p. 6). In this context, it relates to Hegel's statement, "The true is the whole," expanding the definition of health beyond the mere absence of illness to a more comprehensive process of meaning-making. Hegel's statement, found in the preface of *Phenomenology of Spirit*, summarizes a central concept of his philosophical system (Hegel, 1977, p. 11). In Hegel's framework, this idea holds not only epistemological but also ontological significance, asserting that everything in the universe is part of a whole, and this whole can only be understood through the relationships among its parts. Thus, the pursuit of truth involves not just the outcome but also the processes leading to that outcome.

In this context, philosophical counseling serves as a field where individuals can receive guidance toward achieving inner coherence and social harmony. Philosophical counseling helps individuals ascribe meaning to their lives, discover their values, and lead an existence that contributes to society. Miranda emphasizes that this counseling process profoundly



supports individuals in understanding themselves and their surroundings. Such counseling does not merely address physical or psychological health but also directs individuals toward a life imbued with greater meaning (de Miranda, 2024b, p. 8).

Philosophical counseling also supports the development of a resilient character capable of navigating existential challenges. Nietzsche's concept of life as a "school of war" highlights the opportunities for self-discovery and a deeper existential sense presented by life's difficulties. Philosophical health guides individuals in overcoming obstacles while maintaining inner harmony and fostering a value system that contributes to society (de Miranda, 2024b, p. 6).

Additionally, philosophical counseling facilitates an sense of living in harmony with oneself and others. Referring to Leibniz's concept of "compossibility," Miranda advocates for individuals to develop an sense that aligns their existence with that of others. Through this approach, individuals act not only in their interest but also with a mindset that serves humanity and all living beings. Philosophical health, in this regard, enables individuals to create harmony within diversity and present themselves to society with deeper meaning (de Miranda, 2024b, p. 2).

Finally, philosophical counseling supports individuals in aligning their thoughts and actions. The counseled person is guided toward adopting a profound purpose in life and acting on that purpose. According to Miranda, philosophical health helps individuals integrate their actions and thoughts, facilitating the discovery of their authentic selves. In this process, the counseled person gains the opportunity to live a life aligned with their values (de Miranda, 2024b, p. 9).

In this holistic approach, philosophical health supports not only an individual's existential well-being but also their societal health. By discovering their unique way of thinking and presenting it to society, individuals live with greater sense and social harmony. Thus, philosophical health serves as a necessary foundation for individuals to lead meaningful, harmonious, and socially contributive lives (de Miranda, 2024a; 2024b).

B-) The Six Stages of Philosophical Health Practice

Luis de Miranda's concept of "philosophical health" consists of six fundamental stages that deepen individuals' search for meaning and



enhance their sense of self: bodily sense, self-sense, sense of belonging, sense of possibility, sense of purpose, and sense of philosophical thought. These six stages serve as a guide for individuals to understand their existence more profoundly and consciously shape their lives. By exploring this concept and its practical methods, we can address the potential positive outcomes individuals may achieve on their path to philosophical health. Each stage enables individuals to interpret their existence, supporting them in becoming stronger, more conscious, and socially integrated beings.

1. The Bodily Sense

Bodily sense reflects the individual's relationship with their body and involves cultivating bodily sense as a first step toward healthy living. This sense requires individuals to accept their body as a "friend" and establish a harmonious relationship with it. Beyond physical health, bodily sense contributes to the individual's connection with their inner world. By recognizing the boundaries, capacities, and signals of their body, individuals can achieve deeper inner peace. Practically, this can be developed through regular practices like yoga or meditation. Individuals with heightened bodily sense are more attuned to their bodily needs, enabling them to maintain more conscious control over their health.

Bodily sense strengthens an individual's bond with their body, allowing them to fully experience themselves. This sense contributes to both physical and mental health. In the context of philosophical counseling, bodily sense helps individuals accept their limits, value their bodies, and achieve greater peace and happiness in daily life.

2. The Sense of Self

Self-sense refers to the process by which individuals recognize themselves and listen to their inner voice. This stage is crucial for individuals to form a clear perception of themselves and discover their identity. Self-sense involves acknowledging one's strengths and weaknesses and accepting them. This sense enables individuals to define their existence independently of others and become more resilient to external factors. The stage encourages self-assessment for inner harmony, such as keeping a journal or embarking on reflective inner journeys through self-questioning. Individuals with strong self-sense can articulate their values more clearly, fostering a robust self-identity.



Self-sense is about listening to one's inner voice and having a clear perception of oneself. This process builds on recognizing identity, values, and strengths while accepting oneself as a whole being. Philosophical counseling reinforces self-sense, helping individuals build a deeper understanding of themselves, fostering psychological flexibility, and enabling sustainable well-being.

3. The Sense of Belonging

Sense of belonging reflects an individual's sense of connection to a community, group, or broader context. This sense strengthens social ties and fosters a desire to contribute to a greater purpose. Being social by nature, humans can feel isolated and lonely without a sense of belonging. Developing this sense not only integrates individuals into society but also helps them find a broader sense of meaning. Practically, it can be cultivated through participating in volunteer work or interacting with communities aligned with personal interests. Sense of belonging strengthens both individual identity and societal roles, forming an essential aspect of philosophical health.

From a counseling perspective, sense of belonging helps individuals feel more harmonious and connected with society. Recognizing oneself as part of a group reduces loneliness and enhances the desire to contribute to society, improving social well-being and life satisfaction.

4. The Sense of Possible

Sense of possibility is the ability to perceive potential and opportunities in life and within oneself. This sense fosters openness to new experiences and hope for the future. Individuals with heightened sense of possibility can view challenges as opportunities and develop creative solutions. For instance, for someone overcoming a trauma, this sense can enhance motivation for a new beginning. Sense of possibility is crucial as it enables individuals to approach life innovatively and flexibly. Activities that nurture creative thinking and problem-solving can help develop this sense, improving personal potential and the ability to navigate uncertainties.

Sense of possibility allows individuals to envision potential and opportunities in their lives. It encourages creativity, resilience, and hope. In philosophical counseling, fostering this sense strengthens inner resilience and



empowers individuals to achieve sustainable happiness through continuous self-improvement.

5. The Sense of Purpose

Sense of purpose is the ability to find meaning and goals in life. This sense strengthens the desire for self-realization and contributing to society. A sense of purpose increases inner satisfaction and makes individuals more resilient in facing life's challenges. It also reinforces an individual's sense of responsibility toward themselves and life. Practical support, such as goal-setting techniques or guidance, can help clarify personal purposes. Having a purpose enhances inner strength and motivation, deepens the meaning of life, and fosters a stronger connection to society.

Sense of purpose allows individuals to orient their lives toward a higher goal, creating profound meaning. Philosophical counseling supports individuals in developing a sense of purpose, making them more resilient and fulfilled. This fosters a stronger bond with life and provides long-term happiness.

6. The Philosophical Sense

Sense of philosophical thought refers to deep contemplation on life, the universe, and one's existence. It enables individuals to develop a broad worldview and find meaning by adhering to this perspective. Philosophical thought helps individuals evaluate themselves and their surroundings from a wider perspective, fostering inner peace and prompting deeper inquiries. Sense of philosophical thought allows individuals to interpret themselves and the world, finding deeper spiritual satisfaction. This sense enhances both personal and social harmony, offering a more balanced life.

Sense of philosophical thought reflects the individual's effort to understand life's meaning, the order of the universe, and their role in it. This stage encourages individuals to ask profound questions about their lives and identify their values while fostering inner peace. Philosophical counseling guides individuals to explore existential questions and identify their values, supporting meaningful living and sustainable well-being.

The six stages of the concept of philosophical health serve as a guide for individuals to lead a harmonious and meaningful life aligned with themselves and the world. Individuals who apply these stages achieve inner harmony and strengthen their social connections. Developing bodily sense,



self-sense, a sense of belonging, possibility, purpose, and philosophical thinking enhances psychological resilience and helps individuals find profound meaning in their lives. These stages allow individuals to understand themselves more deeply and support social integration.

As a result, philosophical health fosters a more holistic state of well-being by strengthening individuals' self-perception, sense of purpose, and desire to contribute to society. The six stages of philosophical health provide a solid foundation for individuals to achieve self-actualization and live a life in harmony with society. Within the process of philosophical counseling, these stages help individuals discover their inner strengths and find satisfaction in life. This process enhances long-term well-being, enabling individuals to attain sustainable happiness.

C) Philosophical Health as a Tool for Psychological Resilience

Psychological resilience is a concept that refers to an individual's capacity to endure and adapt to stressful and challenging life events. In the literature, psychological resilience is defined as the ability to access strong internal resources to cope with crises, traumas, and stress-inducing situations (Masten, 2001, p. 227). In this context, psychological resilience is considered a personality trait that enables individuals to maintain their well-being and adapt despite adverse circumstances (Connor and Davidson, 2003, p. 76).

Research indicates that psychological resilience is shaped not only by innate traits but also by environmental factors (Luthar, Cicchetti, and Becker, 2000, p. 543). Masten describes psychological resilience as "ordinary magic," emphasizing that this capacity exists potentially in everyone but becomes evident under specific conditions (2001, p. 235). Accordingly, psychological resilience is regarded as a quality that can be developed with support from both individual and social resources (Rutter, 2006, p. 2). In conclusion, psychological resilience is recognized as an essential personality trait that protects and enhances mental health during crises and over the long term.

Luis de Miranda's model of philosophical health offers a supportive and preventive approach to psychotherapy processes. By adopting the six fundamental stages, it is possible to strengthen individuals' mental health and reduce the likelihood of requiring therapy. Philosophical health



enhances individuals' inner balance, sense of self, social connections, and ability to find meaning in life, thereby increasing their psychological resilience. Below, the preventive qualities of these six stages in psychotherapy processes are outlined:

1. The Bodily Sense and Psychological Resilience

Bodily sense enables individuals to recognize their bodies, become sensitive to bodily sensations, and use this sense to cultivate inner peace. In many psychotherapy cases, it is well-documented that mental struggles such as stress, anxiety, and depression have a direct impact on the body. Individuals with heightened bodily sense can detect bodily signals of stress earlier and become better equipped to manage them. This sense facilitates proactive measures against excessive stress, reducing the need for therapeutic intervention.

2. The Sense of Self and Coping with Stress Through a Strong Sense of Identity

Self-sense allows individuals to identify who they are, the values they hold, and their strengths. In psychotherapy cases, issues like ambiguity in self-perception, low self-esteem, and identity conflicts are frequently observed. Individuals with a strong sense of self are more resilient to external negative influences. This self-confidence plays a preventive role against the development of conditions like depression and anxiety. Self-sense establishes internal balance, making it an effective step in developing resilience to psychological challenges.

3. The Sense of Belonging to Prevent Loneliness and Isolation

Sense of belonging reflects an individual's sense of being part of a community, group, or ideal, thereby strengthening social ties. Research shows that social isolation increases the likelihood of depression, anxiety, and feelings of loneliness. Individuals with a strong sense of belonging build supportive social networks, experience less loneliness, and consequently, develop psychological resilience. Supporting the sense of belonging before psychotherapy can help individuals integrate into society more effectively, reducing the need for therapeutic intervention caused by isolation or social disconnection.



4. The Sense of Possibility as a Protective Force Against Hopelessness and Despair

Sense of possibility enables individuals to perceive opportunities and potentials in life. In mental health conditions like depression and anxiety, individuals often adopt a hopeless outlook toward the future and feel powerless. Individuals with a heightened sense of possibility can draw on inner strength to overcome challenges and develop a more positive outlook on the future. This sense enhances innovative and creative thinking, potentially preventing hopelessness that would otherwise require therapy.

5. The Sense of Purpose in Life and Sustaining Motivation

Sense of purpose helps individuals find meaning in life and align themselves with specific goals. In psychotherapy cases, a lack of meaning, feelings of emptiness, or purposelessness are common. Individuals with a sense of purpose are more resilient to life's challenges and can sustain their motivation more easily. Developing a sense of purpose provides inner satisfaction and serves as a protective factor against conditions like depression.

6. The Philosophical Meaning of Life: Addressing Existential Questions and Coping with Crises

Sense of the meaning of life involves the effort to understand the purpose of life, the order of the universe, and one's place within it. In psychotherapy, existential crises and questioning personal values and meanings are frequently encountered. Individuals encouraged to engage in philosophical thinking are better prepared for these crises and can find meaning in life's larger questions. This sense allows individuals to situate themselves within a broader context and experience existential crises in less destructive ways.

Philosophical health strengthens individuals' mental well-being by providing a framework that reduces the need for psychotherapy. Bodily sense, a strong sense of self, belonging, possibility, purpose, and philosophical thinking allow individuals to better understand themselves, integrate with life, and find meaning. Adopting these six stages enhances individuals' capacity to cope with depression, anxiety, and loneliness. Philosophical health fosters internal and social harmony, enabling individuals to live a mentally healthy life without the need for therapy.



Conclusion

The article strongly advocates for the necessity of the concept of philosophical health in overcoming mental challenges such as increasing stress, loneliness, and existential anxiety in the modern world. At a point where traditional health approaches are often limited to physical or psychological issues, philosophical health offers a more holistic sense of well-being by supporting individuals in their quest for meaning. This approach allows individuals to evaluate not only themselves but also society from a broader perspective of meaning.

In particular, Luis de Miranda's six-step model provides a roadmap to strengthen mental health and ensure long-term well-being. Beginning with bodily sense and deepening through philosophical thought sense, this model aims to enhance both individual inner harmony and social contributions. In this context, philosophical health is of vital importance not only for individual happiness but also for societal peace and a sustainable way of life.

Philosophical health, by deepening individuals' existential inquiries, guides them to live a meaningful life. In today's rapidly changing world, this concept emerges as not only a protective tool for mental health but also a supportive instrument in the individual's self-actualization process.

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Öz: Bu çalışma, felsefi sağlık ve danışmanlık yaklaşımlarının bireylerin zihinsel iyilik hali üzerindeki etkilerini incelemektedir. Felsefi sağlık, yaşamın ve bireysel varoluşun anlamını arama yoluyla zihinsel, duygusal ve sosyal uyumu destekleyen bir kavram olarak tanımlanır. Geleneksel sağlık modellerinin yalnızca hastalık yokluğuna odaklanmasının aksine, felsefi sağlık, bireyin kendi varlığıyla uyumlu, anlamlı ve dengeli bir yaşam sürdürmesini vurgular. Çalışma, felsefi sağlığın bileşenlerini ve bu yaklaşımın psikolojik dayanıklılık ve iyilik hali üzerindeki etkilerini araştırmaktadır. Temel bulgular, sağlık kavramlarının tarihsel evrimini



vurgulamaktadır. Antik Yunan ve Doğu tıbbındaki fiziksel iyilik hali anlayışından, varoluşsal ve zihinsel dengeyi de içeren daha geniş bir anlayışa doğru bir değişim olduğu görülmektedir. Felsefi sağlık, bireyleri yalnızca varoluşsal sorgulamalara yönlendirmekle kalmaz, aynı zamanda etik ve düşünsel yaşam pratiklerini teşvik ederek derin bir anlam ve dayanıklılık geliştirmelerine destek olur. Psikoterapi ile felsefi danışmanlık arasında yapılan karşılaştırmalı analiz, psikoterapinin zihinsel sağlık sorunlarını ele alırken, felsefi danışmanlığın anlam oluşturma yoluyla bireyin kendini gerçekleştirmesini sağladığını ortaya koymaktadır. Bu yaklaşımın teorik temelleri, Frankl'ın logoterapisi ve Hadot'nun felsefeyi bir yaşam biçimi olarak gören perspektifine dayanmaktadır. Felsefi sağlık, bedensel farkındalık, kendilik algısı, aidiyet hissi, mümkünlük hissi, amaç hissi ve felsefi düşünce gibi unsurları içerir. Bu bileşenler, bireylerin psikolojik dayanıklılıklarını artırarak hem kişisel hem de toplumsal uyum sağlamalarına katkıda bulunur. Ayrıca, felsefi sağlık, bireyleri stres, yalnızlık, kaygı ve depresyon gibi durumlarla etkili bir şekilde başa çıkma araçlarıyla donatarak psikolojik dayanıklılıkla doğru ilişkilidir. Çalışma, felsefi sağlığın, bireylerin anlam oluşturma kapasitelerini artırarak ve psikolojik dayanıklılığı teşvik ederek zihinsel iyilik hali için bütüncül bir yaklaşım sunduğu sonucuna varmaktadır. Felsefi danışmanlık, modern yaşamın artan stres ve anlam kaybı gibi zorluklarını ele alarak kişisel gelişim ve toplumsal entegrasyon için değerli bir araç olarak ortaya çıkmaktadır.

Anahtar Kelimeler: Felsefi sağlık, felsefi danışmanlık, yaşamın anlamı, anlam arayışı, varoluşsal sağlık, psikolojik dayanıklılık, bedensel farkındalık, kendilik farkındalığı, aidiyet, mümkünlük, yaşamın amaca.

