

**MIND-BODY-SPIRIT REJUVENATION METHOD:
SIMPLE TECHNIQUES FOR STRESS REDUCTION & HEALTHY LIVING,
UTILIZING A LOGOTHERAPY & EXISTENTIAL ANALYSIS FRAMEWORK**

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(ABSTRACT) The *Mind-Body-Spirit Rejuvenation Method* is a method developed by Marie Dezelic and Gabriel Ghanoum, depicted in a “*Conceptual Pictograph*” for simple techniques to reduce stress and improve health. It utilizes an easy-to-follow approach in a comprehensive format targeted to achieve a balance between the mind, body, and spirit. Based on Viktor Frankl’s philosophy and theory of Logotherapy & Existential Analysis, the emphasis of this method is on the three dimensions of our being—mind, body, and spirit—and incorporates the Meaning Triangle, with creativity, experiences, and attitude. The focus of this process promotes accessing our own resources, to produce a balanced healthy core. This method can be used personally and with patients receiving psychological and spiritual support.

KEY WORDS: Mind, Body, Spirit, Stress Reduction, Rejuvenation, Logotherapy & Existential Analysis, Viktor Frankl, Dimensional Ontology, Meaning Triangle, Meaning, Conceptual Pictograph

We all want to live healthier, stress free lives, but what does that actually mean and how do we go about achieving it? We end up taking for granted that we possess all of the resources (to varying degrees) necessary to accomplish these tasks. We do not have to go out and acquire something specific, or spend a lot of wasted money on unnecessary items. In an age where scientists and researchers are coming to recognize what religious and spiritual leaders have known for centuries: that we are more than just body and mind; we see a greater movement toward wholeness and unity, with our spiritual dimension. Currently, holistic-integrative medicine, and energy psychology are bringing forth invaluable information documenting the powerful effects that our spirits have on the healing of our other dimensions, namely, our bodies and minds.

A simple explanation of the *Mind-Body-Spirit Harmony* is to view ourselves as a WHOLE of three inseparable and integrated parts. As Viktor Frankl described in Logotherapy & Existential Analysis through his dimensional ontology of the mind, body, and spirit (Dezelic, 2013; Frankl, 2006; Frankl, 2004; Frankl, 2000; Frankl, 1988; Frankl, 1986; Frankl, 1978; Ghanoum, 2013; Graber, 2004): we are beings comprised of **Mind**—the conceptual thinking part of ourselves, otherwise known as our psyche, which governs our physiology, cognitions and behaviors; **Body**—the physical and physiological part of ourselves, which in biological terms is the living and breathing organism; and **Spirit**—the essence of ourselves, which is comprised of our particular uniqueness in this world and lifetime, our exclusive existence (in a non-religious context yet well-known to religious and faith beliefs).

Creating a healthier lifestyle will automatically lead to less stress in our daily lives; less stress will lead to less psychological and physiological issues, and spiritual/existential distress, allowing us to be more energized and free to follow creative and meaningful pursuits. By

balancing these three dimensions of ourselves—the Mind-Body-Spirit, we create a triangular effect of energy movement, the *Mind-Body-Spirit Rejuvenation Method*. We feel more rejuvenated in all of our dimensions, which ultimately can result in a healthier lifestyle.

- Healthier Lifestyle → Less Stress
- Less Stress → Less Psychological and Physiological Issues, and Spiritual/Existential Distress; More Energy to Follow Creative and Meaningful Pursuits
- Balance the Triangle of Mind-Body-Spirit → Rejuvenation Method
- Rejuvenation Method → Healthier Lifestyle → ... (repeat)

With a few simple exercises, we can start to develop a new shift in our lives; create a healthier lifestyle and begin to feel rejuvenated, rather than energetically depleted, fatigued, irritable, depressed, or anxious. Chronic pain will be less intense or may even disappear, and our overall stress level will begin to diminish. The Mind-Body-Spirit Rejuvenation Method is an easy-to-follow format to create the balanced triangular effect. The end result will be a **Balanced Healthy Core**, an internal sense of well-being originating within ourselves.

As we begin to balance the three dimensions of ourselves, we will notice a new triangle emerge. Based on Viktor Frankl's Meaning-Centered approach, *Logotherapy & Existential Analysis*—an existential, philosophical and psychological theory and therapy, the “**Meaning Triangle**” surfaces with **Creativity, Experiences, and Attitude** (Dezelic, 2013; Frankl, 2006; Frankl, 2004; Frankl, 2000; Frankl, 1988; Frankl, 1986; Frankl, 1978; Ghanoum, 2013; Graber, 2004). These three areas offer opportunities and possibilities, which allow for a more engaged, meaningful and meaning-filled life, hence the term Meaning Triangle. The three areas of meaning (*Creativity, Experiences, Attitude*) have an interactional effect with the three dimensions of our being (*Mind, Body, and Spirit*) producing positive outcomes. We begin to become more engaged in the specific areas of meaning as a byproduct of a balanced and healthy system.

The Meaning Triangle, described by Frankl as the three areas where one has the capacity and choice to create, experience and find meaning and purpose in life, includes Creativity, Experiences, and Attitudes.

The Meaning Triangle:

- **Creativity:** The creative gifts one offers through one's innate gifts and talents in his/her work, deeds done, and goals achieved which held/hold meaning for him/her
- **Experiences:** The experiences one receives through encountering others in relationships of all kinds, and from nature, culture or religion, that were/are deeply meaningful
- **Attitudes:** The attitudinal values one realizes by taking a stance toward a situation or circumstance that is out of one's control, that is courageous or self-transcending (Dezelic, 2013; Frankl, 2006; Ghanoum, 2013; Graber, 2004).

The *Mind-Body-Spirit Rejuvenation Method* is depicted in a “**Conceptual Pictograph**,” a term coined by M. Dezelic (Dezelic, 2013; Ghanoum, 2013), which allows the reader to visually interpret and integrate the easy-to-follow techniques in a comprehensive format. The techniques are common, familiar terms and ideas, yet they are creatively combined in a distinct and tangible layout. When we can visualize the goals that we are working on and toward in a concrete manner with specific exercises and focuses, such as a Balanced Healthy Core, it makes

the task that much easier to follow and accomplish. Rather than just an abstract idea of “becoming healthy,” a goal we may never reach, having a clear method to follow gives us a direction and a purpose.

Start off with the Mind-Body-Spirit Rejuvenation Method as a daily check-in. Keep the *Conceptual Pictograph* handy for at least 30-90 days, looking at it daily at a designated time. This action promotes brain-memory integration, as well as creating new neural pathways.

Suggested use of the *Mind-Body-Spirit Rejuvenation Method* Conceptual Pictograph is listed below.

Daily “**Check-In with Yourself**” method:

- Pick one or several items under each dimension, (mind, body, spirit), and work on it throughout the day. It is usually easier to begin with one task in each area, so that it does not feel overwhelming or appear as an impossible task to accomplish.
- In the evening, review your day to see how well you did with following through on your chosen tasks.
 - Congratulate yourself for the efforts that you have made.
 - Do not be hard on yourself for tasks that you did not complete; simply try to take note of them and possibly attempt them the next day, or move on to a different, more favorable task.
- Try new tasks once you have mastered or have a continued practice with other tasks.
- If there are any tasks that make you feel uncomfortable, disregard them.
- If you choose to *Check-In with Yourself* a few times per day, pick the most opportune times to have a few moments to yourself, (i.e. after waking up, lunch break, coffee break, prior to or after work/school/social hobbies, before going to bed).
- Remember to have fun! This is about feeling good, being energized, building your self-esteem, recognizing your choices, being creative, and creating new, healthy patterns.

Overview of the *Mind-Body-Spirit Rejuvenation Method* Conceptual Pictograph:

MIND:

- ✧ INCREASING POSITIVE THOUGHTS, RELEASING NEGATIVE THOUGHTS
- ✧ SETTING AN INTENTION FOR THE DAY
- ✧ 1 DAILY POSITIVE SELF-AFFIRMATION
- ✧ CURRENT GOALS & FUTURE GOALS
- ✧ GRATITUDE JOURNAL
- ✧ FORGIVENESS
- ✧ MINDFULNESS PRACTICE
- ✧ MANTRA/SAYING FOR THE DAY

BODY:

- ✧ TAKING CARE OF MY BODY
- ✧ REGULAR PHYSICAL EXAMS
- ✧ NUTRITION
- ✧ VITAMINS/SUPPLEMENTS/MEDICATIONS

- ✧ ADEQUATE SLEEP/REST
- ✧ PHYSICAL EXERCISE
- ✧ ACTIVITIES & HOBBIES
- ✧ STRETCHING DURING THE DAY
- ✧ DAILY BREATHING PRACTICE

SPIRIT:

- ✧ CONNECTING WITH GOD/UNIVERSE OR A HIGHER POWER
- ✧ DAILY SPIRITUAL MEDITATION OR CENTERING PRAYER
- ✧ CONNECTING WITH NATURE
- ✧ HEALTHY RELATIONSHIPS
- ✧ YOGA PRACTICE
- ✧ BEING CREATIVE
- ✧ BEING INSPIRED
- ✧ BEING PASSIONATE

MEANING TRIANGLE:

- ✧ CREATIVITY—utilizing our creativity, having creative pursuits
- ✧ EXPERIENCES—with others, nature, animals, the arts
- ✧ ATTITUDE—that we can choose to have in difficult or unalterable situations

Discovering a method for achieving a healthy balance of taking care of ourselves, allows us to experience and appreciate life more fully, take better care of ourselves and our loved ones, find new purposes, goals and meaning, and feel rejuvenated. The resources to health and healthy, stress-free living exist within ourselves; it is merely up to us to capitalize on the assets we have available at our fingertips—our Mind, Body, and Spirit. ***Finding a Healthy Balance in life begins with you!***

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Marie S. Dezelic, PhD, MS, Diplomate in Logotherapy, (www.drmariedezelic.com) has a private psychotherapy practice in South Florida where she sees individuals, couples, families and travels nationally and internationally for crisis intervention. Dr. Dezelic holds several advanced certifications in various treatment modalities. Her main focus of clinical research lies in trauma, grief and spirituality through an Existential/Logotherapy framework. She designs and offers numerous healthcare presentations on staff education, implementing programs and support teams on the holistic patient-centered approach to patient care such as: Mental Health in Healthcare, Meaning within Illness, Palliative Care, Psycho-Spiritual Oncology Treatment, Trauma, Compassion Fatigue, Grief and Loss Support, Dimensions of Pain, Pastoral Care, Staff

Motivation, and Spirituality. Dr. Dezelic is currently publishing a Logotherapy & Existential Analysis workbook, which includes her original “Conceptual Pictographs,” applicable across clinical populations.

Gabriel Ghanoum, PsyD, MDiv, GCC, BCC, Diplomate in Logotherapy, is the Director of Pastoral Care Services for a network of hospitals in South East Florida. He holds various degrees in Theology, Psychology and Business, and is a certified grief therapist. Rev. Ghanoum is passionate about bringing spiritual and psychological awareness to all those he touches while giving lectures and retreats nationally and internationally on relationships, spirituality, positive psychology, and the psycho-spiritual approach to oncology and healing. Throughout the network of hospitals he works with, Rev. Ghanoum gives psycho-educational seminars on various topics, which include Implementing Palliative Care Programs, Pastoral Care, Psycho-Spiritual Approach to Oncology, Spiritual Well-Being, Compassion Fatigue, Staff Satisfaction and Motivation in Healthcare, Trauma and Grief Support. Rev. Ghanoum is deeply involved with various charity programs bringing to public awareness the mental health perspective.

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SIMPLE TECHNIQUES FOR STRESS REDUCTION & HEALTHY LIVING



- ✦ CONNECTING WITH GOD/
UNIVERSE OR A HIGHER POWER
- ✦ DAILY SPIRITUAL MEDITATION
OR CENTERING PRAYER
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- ✦ WORKING ON FORGIVENESS
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- ✦ TAKING CARE OF MY BODY
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**FINDING A HEALTHY
BALANCE**

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