

Wellness Principles

How Socrates and Plato
Got Wellness Right

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Agenda

Wellness in the Past vs. Wellness Now

Wellness and Ethics

Teaching Ethics and Wellness to the Next
Generation

The origins of wellness

The origins of wellness are ancient.

Aspects of the wellness concept are firmly rooted in intellectual, religious, and medical movements in the 19th century.

The tenets of wellness can be traced to the ancient civilizations of Greece, Rome and Asia, whose historical traditions have indelibly influenced the modern wellness movement.

The origins of wellness

The ancient Greeks understood long ago that “healthy mind in a healthy body” was the key for the physical and mental health of humans.

Mental and physical cares were provided parallel to one another, regardless of whether the disease came from the soul or the body.

Primitive Times before Wisdom



- Believed that illness and diseases were a punishment from the Gods
- First physicians were witch doctors who treated illness with ceremonies

Primitive Times

- Herbs and plants were 1st pharmaceuticals
Example:
Foxglove gave digitalis
 - leaves were chewed to strengthen & slow heart
 - Now given by pills, IV, or injections



Greeks (1200 BC –200 BC)

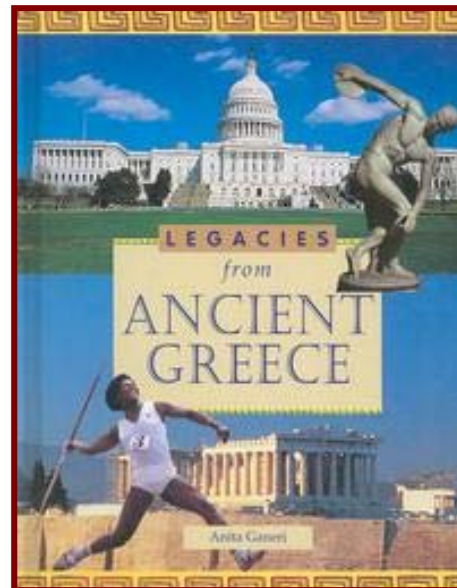


- Made observations about the human body and the effects of disease that led to modern medical sciences
- Believed illness is a result of natural causes

Greek Contributions

- **Greek contributions:** influence from the Greeks that affects us today, as in the areas of:

- Language
- Government
- Medicine
- Mathematics
- Science
- Architecture
- Entertainment
- Sports



Greek Contributions

Modern Language and Literature

- Alphabet
 - Our alphabet grew out of the one the Greeks used.
- How many letters look familiar?
- How many of their names do you recognize?

Α	Α	alpha	Ν	Ν	nu
Β	Β	beta	Ξ	Ξ	xi
Γ	Γ	gamma	Ο	Ο	omikron
Δ	Δ	delta	Π	Π	pi
Ε, ε	Ε	epsilon	Ρ	Ρ	rho
Ζ	Ζ	zêta	Σ, σ	Σ	sigma
Η	Η	êta	Τ	Τ	tau
Θ	Θ	theta	Υ	Υ	upsilon
Ι	Ι	iota	Φ	Φ	phi
Κ	Κ	kappa	Χ	Χ	chi
Λ	Λ	lambda	Ψ	Ψ	psi
Μ	Μ	mu	Ω	Ω	omega

Greek Contributions

Modern Government

- Our form of government was a Greek idea.
 - Democracy, or rule by the people, began in Athens.
 - The practice of having citizens serve on juries also began in Greece.



Greek Contributions

Modern Medicine



- For centuries, the Greeks believed that the gods and goddesses controlled natural events, including health and sickness.
 - The earliest Greeks thought that illness and accidents were punishments sent by the gods.
 - They didn't know about the natural causes of disease and healing.

History of Anatomy

The Greeks were the first to attempt to study objectively the human body. That is why many medical terms are based on the Greek language.



Greeks



- Used therapies such as massage, art therapy and herbal treatments
- Discovered that diet and cleanliness could prevent disease



The Two Great Names in the History of Greek Medicine

- **Hippocrates** - dominated the beginning of a period of remarkable scientific creativity, which lasted more than 700 years
- **Galen**—near the end of the period, both furthered scientific knowledge and crystallized it in an amazing volume of written works. His influence lasted for 1500 years/45 generations.

Hippocrates(460B.C.-377B.C.)

- Hippocrates was the first to attempt to separate the practice of medicine from religion and superstition.
- Hippocrates developed his pledge of proper conduct for doctors.
- ***“I will use treatment to help the sick according to my ability and judgment, but never with the view to injury and wrong doing...Into whatsoever houses I enter, I will enter to help the sick.”***

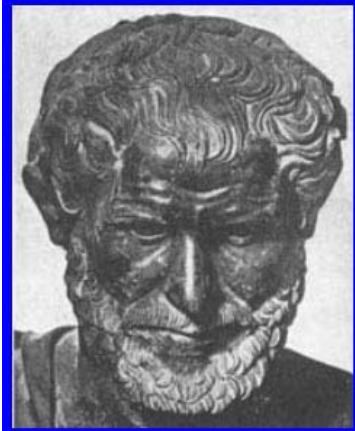
History of Anatomy (Greece)

Hippocrates - THE FOUR HUMORS

- Blood was thought to come from the heart
- Phlegm from the brain
- Yellow bile from the liver
- Black bile from the spleen

The Greeks believed that a person would be healthy if these humors were in balance.

History of Anatomy (Greece)



- Hippocrates
 - The foundation of the principles of medical ethics.
 - Hippocrates was the first to separate medicine from philosophy and disprove the idea that disease was a punishment for sin.

History of Anatomy (Greece)

- **Aristotle**
 - Along with his contemporary scientist-philosophers, Aristotle thought arteries contained air and veins carried blood. He had other "strange" ideas but was roughly accurate as far as the general anatomy of the human body.
 - Recognized that bodies are made of parts, which in turn are made of simpler parts

History of Anatomy (Greece)

- **Aristotle**
 - Recognized that similar organs in different organisms probably have similar functions
 - Thought the brain cooled the body and the heart heated it
 - Thought that the heart was the location of the mind, will, and emotions

Mind and Body

The ancient Greeks believed that the body and mind should be in harmony.

Aristotle believed that sports and gymnastics were essential to the development of the human body to optimize functional capacity and harmony between mind and body, hence the famous phrase “healthy mind in a healthy body”

Mind and Body

Recent studies report that students with mile run/walk times beyond California Fitness gram standards, or those whose body mass index (BMI) were higher than standards suggested by the CDC, performed *less satisfactorily* in academic tests than students with healthier BMI or better fitness level.

Health Promotion

Health promotion appeared during the Olympic Games since the care of athletes and prevention of injuries were specialist services provided by instructors called “paidotrivai”

According to Hippocrates’s study “on food”, figs and other fruits with high glucose concentration that provide energy were offered to athletes to improve performance

Mental Care

The first classification of mental disorders proposed by Hippocrates was: Mania, Melancholy, Phrenitis, Insanity, Disobedience, Paranoia, Panic, Epilepsy and Hysteria. Some of these terms are still used today.

Psychological and mental illnesses were viewed as the effect of nature on man and were treated like other diseases

Mental Care

The role of music and theater in the treatment of physical and mental illnesses and the improvement of human behavior was essential. It was believed that healing the soul through music also healed the body, and there were specific musical applications for certain diseases.

For instance, the sound of the flute and harp served as a treatment for gout.

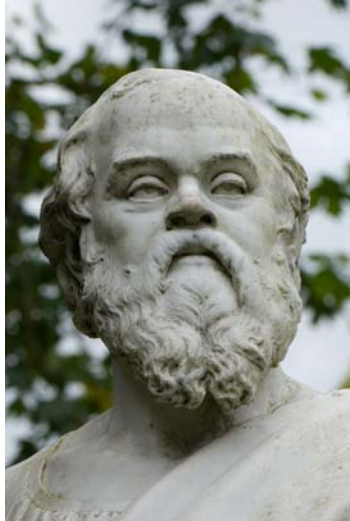
The First Use of “Big Data”

In their diagnoses of syndromes or diseases, Greek physicians were instructed to note the geographical location, climate, age, gender, habits and diet. Also rational mood swings, sleep duration, dreams, appetite, thirst, nausea, location and severity of pain, chills, coughing, sneezing, belching, flatulence, convulsions, nosebleeds, even menstrual changes were recorded

Perfect Storm



What did Socrates know about Wellbeing?



Socrates (469-399 BC)

Was one of the first Greek philosophers to encourage common citizens to turn their attention from the outside world to the condition of man.

His ideas were outside the framework of “normal”, so he was judged to have “corrupted the youth” of society, and condemned to death.

Socrates (469-399 BC)

Socrates said that **one develops ethics through maturity, wisdom and love.**

Socrates introduced the concept of teaching ethics and acceptable standards of conduct in 400 B.C. and has had a profound and lasting impact on the course of Western philosophy and history ever since.

He believed virtue was found primarily in human relationships, love and friendship, **not through material gains.**

Socrates - Basic ethical tenets:

Self-knowledge was considered necessary for success and inherently an essential good. A self-aware person will act completely within their capabilities, while an ignorant person will flounder and encounter difficulty.

People will naturally do what is good, if they know what is right.

Evil or bad actions are the result of ignorance

Socrates - Basic ethical tenets:

Any person who knows what is truly right will automatically do it.

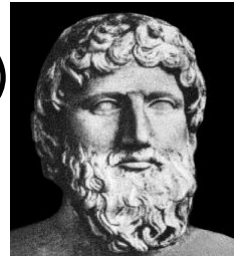
The truly wise man will know what is right, do what is good, and therefore be happy.

Plato (Aristocles)

Socrates mentored him.

He wrote a series of philosophical discussions that were dialogues, most of which featured Socrates.

Plato opened a school on the outskirts of Athens dedicated to the Socratic search for wisdom. Plato's school was the first university in western history and operated from 387 B.C. until A.D. 529 – 900 years!



Plato (Aristocles)

Plato talks about an ideal state, a utopian world.

In an ideal state, there is equality among the people because no one is superior or inferior. There is free flow of knowledge justice and truth, everywhere in the ideal state.

In the ideal state, rulers are true philosophers whose wealth is not money but spiritual knowledge.

Plato (Aristocles)

Those are the best rulers because they serve the people as true servants.

These rulers of the ideal state are never thirsty to exercise power, but instead they are worried of the condition of the people and the welfare of the state.

For them, ruling is not imposing power but it is serving the people. Clearly, this requires a strong understanding of ethics.

Back to
Modern
Life



Which Generation
is Most Ethically Scary?

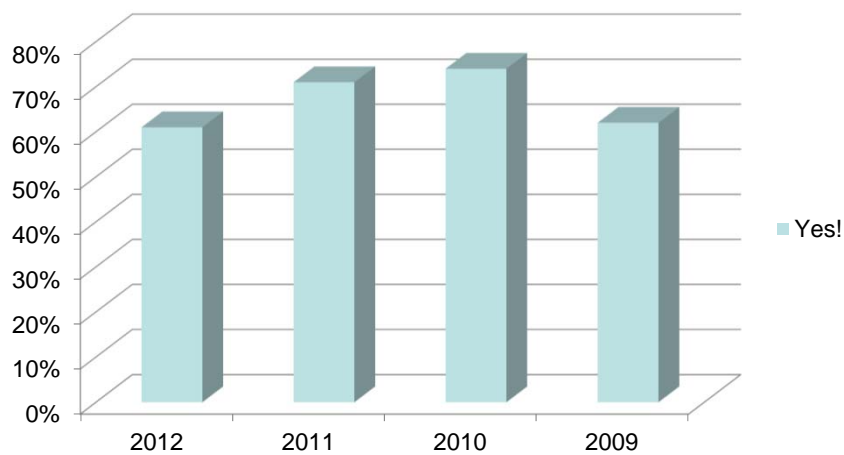
Gen Wi-Fi
(Younger than 22 in 2017)

Why did is Gen Wi-Fi scary?

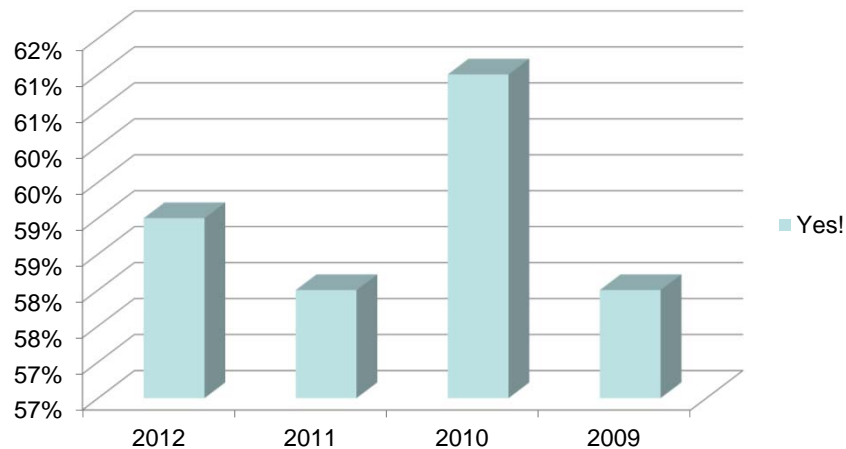
What are
high school students
saying about ethics?

Let's ask the
Josephson Institute of Ethics
in Los Angeles, CA

Have you cheated on an exam at least
once in the past year?



In the real world, successful people do what they have to do to win, even if others consider it cheating.



Age matters!

- Teens 17 or under are **five times** more likely than those over 50 to hold the cynical belief that **lying and cheating are necessary to succeed (51% v 10%),**
- Nearly **four times** as likely to **deceive their boss (31% v. 8%),**
- More than **three times** as likely to keep change **mistakenly given to them (49% v. 15%),**

Age matters!

- More than **three times** as likely to believe it's **okay to lie** to get a child into a better school (**38% v. 11%**).
- Young adults (18-24) are more than **three times** more likely to **inflate an insurance claim** than those over 40 (**7% vs. 2%**)
 - **Twice as likely** to **lie to their partner** about something significant (**48% v. 18%**).

Attitude matters

Cynics are:

Three times more likely to lie to a customer (**22% vs. 7%**),
inflate an expense report (**13% v. 4%**), or
inflate an insurance claim (**6% vs. 2%**).

More than twice as likely to conceal or distort information when communicating with their boss (**24% vs. 10%**).

These will be your new hires.

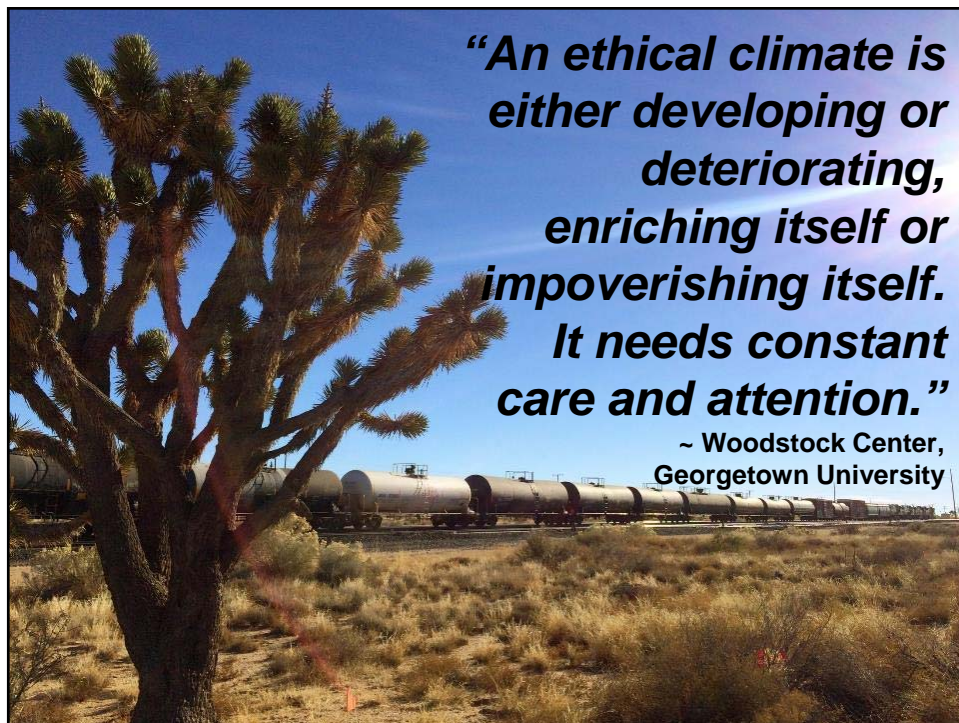
Note to self:
Schedule ethics classes, build
Integrity, ethics and wellbeing
into every possible
interaction with new hires

A Simple Truth

All people value
belonging to a group,
high integrity leadership,
and being rewarded
for getting it right

“Ethics is learned by modeling, not by reading a bunch of books over the weekend.”

- John Bruhn



“An ethical climate is either developing or deteriorating, enriching itself or impoverishing itself. It needs constant care and attention.”

**~ Woodstock Center,
Georgetown University**

Why Study Ethics?

Are we more ethical today than 100 years ago?

Are we less ethical?

The same?

“It is not that humans have become any more greedy than in generations past. It is that the avenues to express greed have grown enormously.”

• Alan Greenspan

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Dilemmas

Is there a difference between ethical conduct and legal conduct?

Is ethical conduct the same as morality?

Can you teach Ethics?

Can a society's boundaries of ethical behavior become distorted?

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Wellness Leadership Principles

- Take Responsibility for your actions
- Know Yourself and seek improvement
- Set the tone at the top – crossing the line
- Develop your subordinates
- Ensure that the job is understood

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Leadership Principles

- Keep everyone informed of your standards and your character.
- Train staff in the Code of Conduct/Ethics.
- Tell people what you expect.
- Set the standards you live by.
- If you cross the line, correct the problem immediately.

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Leadership Principles

- Set attainable goals.
- If goals are set that are not realistic you set the stage for failure and increase the risks of fraud.
- Setting goals that are too easily attained, will have a negative impact as well.
- Judgment is critical to develop for managers.

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Training Youth

Next
Steps
In
Ethics



What is ethics, anyway?

An ethical problem occurs when you must make a choice among alternative actions and the right choice is not absolutely clear.

Often that choice affects the well-being of other persons.

Layers of Ethics



Why bother?

Living in our world requires trust.

Would you work if you didn't trust your employer to compensate you?

Would you shop on the Web if you didn't trust that your financial information would be secure?

Without **trust,**
fair dealings,
and **honest communication**

**business would grind
to a halt**

In your life, a vital question must be asked: **What do you want to be known for?**

- A. Wealth
- B. Fame
- C. Knowledge
- D. Popularity
- E. Integrity

If **INTEGRITY**
is second
then it is **subject to sacrifice.**

You will give up integrity to get
the other thing.

**Such situations will inevitably
occur in every person's life.**

Why do people most often sacrifice their integrity and act unethically?

- a. Need for popularity
- b. Greed for money**
- c. Desire for power
- d. Ambition to be famous
- e. Something else

U.S. Air Force Academy Honor Code:

1. We will not lie, steal or cheat,
2. Nor tolerate among us anyone who does."

What do you think is the harder part?

- a. Line 1
- b. Line 2

Philosophical Principles

Imperative Principle:

Do what is right.
Act according to absolute moral rules.
(e.g. lying is wrong).

Ethics is a function of moral rules and principles and does not involve a situation-specific calculation of consequences.

Philosophical Principles

Utilitarian Principle:

Do what produces the greatest good.

Philosophical Principles

Generalization Argument:

A combination of the imperative principle and the utilitarian principle.

Make your decision by considering if everyone made the same choice under similar circumstances.

What would happen if everyone acted in this way?

Steps in Ethical Decision-Making

1. Define all the facts and circumstances: e.g. Who, what, where, when, and how?
2. Identify the people affected by the situation; What are the stakeholders rights and obligations?
3. Identify the alternative decisions and consequences.
4. Make the decision.

You go
through
the
stages as you
grow up

Stage 1: Preconventional

Individual is mainly looking out for his or her own interests. Rules are followed only out of fear of punishment or hope of reward.



Stage 2: Conventional

Individual considers the interests and expectations of others in making decisions. Rules are followed because it is a part of belonging to the group.



Stage 3: Postconventional

Individual follows personal principles for resolving ethical dilemmas. He or she considers personal, group, and societal interests.

Upon what do you base your personal code of ethics?

- a. Study of history and literature
- b. USAF Honor Code
- c. Personal experiences and observations
- d. Religious beliefs
- e. Something else

Wellness Tips from the Greeks

Start each day with a quiet reflective or contemplative walk.

- Pythagoras believed that people needed to take some time each morning to center themselves before engaging with other people: "it was essential to not meet anyone until their own soul was in order and they were composed in their intellect".

Wellness Tips from the Greeks



Wellness Tips from the Greeks

Take several minutes each evening to look up at the night sky and just...wonder.

- Plato is quoted as saying that "all philosophy begins in wonder". The ancient Greeks were obsessed with the study of the nature of the universe. When we contemplate the heavens with awe, a shift can happen within an individual.

Wellness Tips from the Greeks

Experience the world around you without the use of your rational mind; instead, just *experience* your environment.

- The Greeks felt that our senses trapped us into the illusion that the sensory world is ALL that there is; they believed there were deeper, eternal aspects of reality that couldn't be experienced unless we got past the illusory trap of our senses.

Wellness Tips from the Greeks

To paraphrase Spike Lee: "Do the Right Thing".

- The Greeks believed that character mattered. They believed that to achieve our highest potential, we need to live correctly. We all know what the "right thing" is; Pythagoras and Plato believed that we must act on that knowledge and DO the right thing.

Wellness Tips from the Greeks

Do a music meditation each day where you listen to non-vocal music; attempt to "experience" the music in a non-rational way. Try and *become* the music.

- Pythagoras believed that the entire universe was vibrational and that we could be "tuned" to be in sync with that larger rhythm. His disciples listened to the music of the lyre to re-tune themselves.

Wellness Tips from the Greeks

Value moderation in everything.

- The mind/body is our purest instrument; Pythagoras felt that we needed to treat it accordingly.

Pace Yourself

Allegory of the Cave

Plato distinguishes between people who mistake sensory knowledge for the truth and people who really do see the truth.

Imagine a cave, in which there are three prisoners. The prisoners are tied to some rocks, their arms and legs are bound and their heads are tied so that they cannot look at anything but the stone wall in front of them...

Allegory of the Cave



Plato (Aristocles)

Allegory of the Cave

- People in the cave have been fettered from youth.
- A fire burns behind them.
- They see only shadows reflected on the wall in front of them as people and objects pass in front of the fire.
- The people in the cave, therefore, see only with their senses, and what they “see” is imperfect—only shadows of reality.
- If one escapes, his eyes will be shocked by the sudden exposure to light of the sun. He will not, at first be able to discern reality because he has been so accustomed to seeing only shadows.

Plato (Aristocles)

Allegory of the Cave

- He now will pity those who still see only the shadows.
- If he were to return to the cave (shadows), prisoners still in the shadows would not understand. They would think the one who had ascended for a while had returned without his eyes and would take steps to prevent others from ascending.
- One who has ascended into wisdom, justice, and knowledge will not berate or laugh at one whose vision is not strong. He will consider whether the one cannot see well because he is coming out of the light or going into the light, for both are painful to the eyes (mind).

Plato (Aristocles)

Allegory of the Cave Lessons

Knowledge (and ethics) cannot be transferred, but the student must be guided to make his or her own decision about what reality is and what is important.

Seeing light or gaining knowledge may be painful at first.

Once a person is enlightened, he or she has a responsibility to society.

Rulers must be wise, not eager to rule, and willing to live among the populace

Begin Your Journey to Wisdom



Ethics-3

Points to Remember

Tone at the top affects an organization's attitudes towards ethics

Your conduct and actions will follow you your entire life— so, *do the right thing*

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What did we learn?

List 3 things that you are
going to implement.