

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Cassius" of January 7, 2023 at 1:15 PM

Quote from Philosophical Management of Stress based on Science and Epicurean Pragmatism: A Pilot Study

The philosophical approach to stress management comes hand in hand with feasibility, effectiveness, and applicability: it can be offered to everyone, regardless one's age and educational level. We decided that the key philosophical perspective of this program had to be Epicurean pragmatism (epistemologically) and humanism (morally). Pragmatism is the philosophical outlook that focuses on objective reality, and considers important what may be practically useful. As a consequentialist tradition, pragmatism assumes that stressful thoughts stem from real-life problems, to which practical solutions should be proposed. Any theory or aim should be judged according to criteria such as applicability, practicality and utility. The major figures in this tradition are William James and John Dewey.<sup>4</sup> Humanism, in turn, holds that humanity, that is, being human, constitutes the ultimate value, and assumes that the ultimate end of any law-abiding civilized society is to defend basic human rights such as life, freedom, and happiness (eudaimonia). The declared objective of humanism is to defend the dignity and personality of every human, and facilitate the development of our capabilities in such way, as to live harmoniously in any given society, emphasizing that the actual meaning of life consists in the pursuit of happiness. The elaborated moral status of this notion, happiness, can be traced back to the Ancient Greek philosophical tradition, while it has also maintained its dominant status during the Renaissance, the Enlightenment, and Modernity.

This paragraph in particular I think highlights the issue. Although I beat the drum for Epicurean epistemology myself, I definitely do not look **outside** Epicureanism for ethics or morality. My view would be that to affirmatively state the morality aspect of the study is Humanism rather than Epicureanism takes the approach completely outside of Epicurean philosophy into a "virtue" based orientation. All of the goals being listed of course impress us generally virtuous / desirable, but the only bedrock foundation is pleasure, and context will determine in any particular situation where those generally-desirable objectives fit in the larger and ultimate goal of "pleasure."