

## Energy Balance and Resistance in Whole Person Care – Dr. Morehouse, Grace Family Medicine

Type of Energy	In	Out	Intervention
Body ( <i>soma</i> ) Physical	Rest Sleep Health Good nutrition Well-being, fitness Sexual harmony ( <i>eros</i> )	Work, toil Insomnia Illness, injury Malnutrition Improper exercise Sexual dysfunction	Scheduling Rectify disorder Medical treatment, healing prayer Dietary counsel, supplement Balanced exercise Godly therapy
Soul ( <i>psyche</i> ) Psychological Mind, emotions	Righteousness Good relationships ( <i>phileo</i> ) Marital harmony Family harmony Job satisfaction Wholesome fellowship Harmony with past Confidence, faith Financial security Stability	Self-righteousness, sin Destructive relationships Marital strife Family conflict Job, school stress Bad company Unresolved personal pain Anxiety, depression Economic problems Transition, stress	Repentance, discipline Interpersonal counsel Marital counsel Family therapy Vocational counsel Good friends, church Inner healing, prayer Reassurance, support Contentment, giving Concern, acceptance
Spirit ( <i>pneumo</i> ) Spiritual	Union with God Harmony with God Obedience Understanding Spiritual clarity, vision Moral virtue Peace ( <i>shalom</i> ) Perennial joy Patience Spiritual vitality Optimism, hope Praise, worship Receiving ministry	Separation from God Conflict with God Rebellion Ignorance Spiritual confusion Hypocrisy, guilt Spiritual torment, fear Emptiness, vanity Frustration Struggle, weakness Discouragement, hopelessness Intercessory burdens Ministry to others ( <i>agape</i> )*	Reconciliation through Christ Spiritual guidance Yieldedness, mercy Bible study, teaching Prayer and fasting Wisdom, forgiveness Consecration, deliverance Infilling with the Holy Spirit Building faith Empowerment by the Holy Spirit Encouragement, inspiration Share, release burdens Priorities, "pruning"

Fatigue and lowered resistance occur when Energy In < Energy Out. Intervention is directed toward restoring balance, wholeness and integrity. \*The object is to attain an energy balance that enables an individual to give more to others than they take.