

# Practical Epicurean Therapeutics: Tips on dealing with worry

Post by “Kalosyni” of February 22, 2023 at 9:19 AM

Here is a list of possible worries with possible practical solutions and Epicurean philosophy contemplations. Epicurean philosophy may not have direct answers to all of these worries, but understanding the nature of the world and the cosmos as being material (and not supernatural) will lead to a very practical and matter-of-fact way of dealing with life's problem. I will update this with a few more references to the philosophy soon. Do you see any "worries" that are missing?

Worrying about not having enough money to buy necessities.

Which necessities? Prioritize the most important. Spend less money on what you buy (make a budget). Go back to work, or get a second job.

Worrying about not being able to get or hold onto a job or the experience of losing a job.

See what lines of work need workers. Get training. Research (or ask) about how to increase skills on your current job. Get counseling.

Worrying about not having friends or not being able to make or keep friends.

Research how to make and keep friends. Get out and meet people by doing activities in which you will meet people with similar interests. Keep in touch and invest time in your current friendships. Get counseling.

Worrying about wanting a girlfriend/boyfriend or spouse but not being able to get one.

Research all the important aspects involved in how to find a partner. Get counseling.

Worrying about difficulty getting along with family, spouse, friends, or boss.

Research communication/mediation techniques. Choose to remove yourself from a situation that is abusive or toxic. Get counseling.

Worrying about the well-being of kids, spouse, family, or friends.

Talk to someone else to determine if your worries are realistic. Offer support but realize you can't control others. Research or get help for your kids if they are still minors.

Worrying about your own health, the experience of being sick, or dying.

Get evaluated by a doctor. Research about health issues. Contemplate the nature of death. Spend more time with friends and family. Add more pleasures into your life. Get counseling.

[PD02](#)  
and  
[PD04](#)

Worrying about your reputation, or being judged as "not good enough" at work, or by family, spouse, or friends.	Consider how to make prudent decisions and act in a prudent manner. Don't let perfect be the enemy of the good. Realise you can't please people who have unrealistic expectations. Find a different job or different friends. Get counseling.	<a href="#">PD07</a> and <a href="#">VS15</a> , <a href="#">VS64</a> , <a href="#">VS70</a>
Worrying about how to make the right decision.	Write out a list of pros and cons for each possible choice, and be sure to list both short-term and long-term possible outcomes. Research decision making methods. Talk to a friend or get counseling.	<a href="#">PD08</a> and <a href="#">VS71</a>
Worrying about the current state of the world, the future state of the world, or civilization coming to an end.	Understand what things you can and can't influence or take action on. Research things to get a big picture view. Make peace with the understanding that there are uncertainties regarding the length of one's life. Talk to a friend or get counseling.	<a href="#">PD20</a>
Worrying about not having enough time, being disorganized, or struggling with household management.	Research time management tips, organizing tips, or household management. Don't let perfect be the enemy of the good. Decide what is most important to you in your life and simplify your life by eliminating things which aren't necessary.	<a href="#">VS41</a>
Worrying about death or the idea of existence after death, God, or perceptions of paranormal/supernatural.	Reflect on Epicurean teachings on the nature of death, God, and the material qualities of the world. Get medication if you are having hallucinations. Get therapy.	<a href="#">PD02</a>
Worrying that you are somehow different than everyone else and don't fit in.	Don't let consumerist-culture dictate to you who is "cool", smart, or beautiful. Find and focus on your own unique strengths and gifts. Focus on activities in which you find pleasure and enjoyment. Find friends who have similar hobbies and interests, and accept you for who you are. If you are struggling with a disability, find a therapist or support group.	