

# How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?

Post by "Cassius" of June 14, 2023 at 9:10 AM

You know this topic - the feeling of getting overwhelmed and falling back into "the norm" is a problem that deserves lots of attention.

Seems pretty clear that at the very least Epicurus was advising:

- "getting back to nature" or "studying nature" as a way to build confidence,

[PD12](#). A man cannot dispel his fear about the most important matters if he does not know what is the nature of the universe, but suspects the truth of some mythical story. So that, without natural science, it is not possible to attain our pleasures unalloyed.

But also:

- surrounding yourself with like-minded friends who can help talk through and in other ways assist in bad times.

Lots of references to that:

[PD27](#). Of all the things which wisdom acquires to produce the blessedness of the complete life, far the greatest is the possession of friendship.

[PD28](#). The same knowledge that makes one confident that nothing dreadful is eternal or long-lasting also recognizes, in the face of these limited evils, the security afforded by friendship.

Seems as true today as ever that while we can do a lot "on our own" in terms of studying nature, in the end living the best life possible is a "team sport" that requires constant reinforcement both in ourselves and through friends.

Hopefully we can help a little with both here with this forum.