

# The concept of resilience vs. ataraxia

Post by "Titus" of November 3, 2023 at 8:34 AM

## [Quote from Godfrey](#)

To my understanding, ataraxia enhances resilience. It isn't the same thing as resilience, and resilience doesn't necessarily promote ataraxia. Ataraxia reduces the background noise which causes undue stress, anxiety and panic, so when a challenging event occurs you're more able to assess the situation and respond effectively.

My interest in the topic comes from the sphere,

a.) that I've always considered ataraxia as not only a tranquil stopover to the all-over happy life, but also a resisting force towards disturbing elements, so I definitively agree with your statement.

b.) that the concept of ataraxia must finally find some resonance in science, because I experience it to be working.

## [Quote from Godfrey](#)

The list in the article of how to build resilience strikes me as more Aristotelian than Epicurean.

Can you specify what you mean with Aristotelian?

## [Quote from Godfrey](#)

What healthy thoughts are, of course, depends on your overarching philosophy

Thus it seems, there may be the main difference. Ataraxia is embedded in the Epicurean system of thought, while resilience is a concept that strikes for curative matters only, preventing to align with a partisan philosophy.

## [Quote from Kalosyni](#)

I would understand "serenity of the soul" as being the same as a healthy mind (a mind not filled with fear or anxiety), and within this healthy mind arises a feeling of ataraxia. So ataraxia is not something you do, but it is a feeling which is a result of wise living.

I think so quite similarly, but being in this state also requires to have access to the tools which build up and maintain it.