

# **Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?**

**Post by “Kalosyni” of December 2, 2023 at 7:28 PM**

[Quote from Don](#)

I would emphasize that ataraxia is not dependent on external circumstances.

I would venture to say that ataraxia depends upon safety and security. Resilience is something different which would be the ability to cope during high stress.