

# **BASIC-ph Model of Coping**

**Post by “Kalosyni” of April 23, 2025 at 6:57 PM**

Under the category of developing resilience through "beliefs and values" ---> one possible activity for an individual oriented toward the study of the philosophy of Epicurus, would be to create a home altar with either a picture or a bust of Epicurus. Altars can also be decorated with natural elements of water, earth, and fire (flowers in a vase of water, and candles or electric lights)...etc. etc.. And either books or cherished excerpts or [Principal Doctrines](#), etc (hand written on nice paper or printed out by inkjet) can also be placed on an altar. It is up to each individual to decide whether or not this feels like something that they would enjoy doing.