

What Are Some Epicurean Tips to Deal With Anxiety Over Painful Scenarios?

Post by "SillyApe" of October 18, 2025 at 11:52 AM

Hello everyone.

Recently, I've come across some terrible news from my region. I'll spare you all of the details, but it consisted of some truly vile crimes committed by a group of thugs. When I read this, my blood began to boil as never before. I started shaking with anger. Obviously, due to the naturally anxious nature of our species, I already started anticipating scenarios in which I or people close to me would be victims of similar crimes.

The thugs had already been arrested for similar crimes in the past, but got out early due to the failing criminal system in my country. As such, trust in the law for protection is not an effective option. I understand that building a strong community can be helpful(as I believe this is one of the many forms of security that can be increased with the help of friendship), but what else can I and other people do to deal with anger, resentment, and especially anxiety in scenarios like this? What would Epicurus and his followers advise?