

Comparing Modern Ideas vs Epicurean Ideas on Well-being and Joy

Post by “Kalosyni” of June 8, 2026 at 1:24 PM

This thread can be used to discuss the similarities and differences between modern ideas of creating well-being and joy, vs. Epicurean philosophical ideas.

The following is from a search using Google:

A life of well-being and joy is built on a balance of physical health, meaningful connections, and personal fulfillment. Rather than a single path, it combines daily habits and long-term practices that nourish your mind, body, and spirit.

Here is a list of the foundational elements that have been found to lead to lasting joy according to modern psychology:

--- Mind & Emotion

- **Cultivate Gratitude:** Actively appreciating the present helps shift your focus from what you lack to what you already possess.
- **Practice Mindfulness:** Grounding yourself in the "now" prevents anxiety about the past or future, and lets you savor everyday pleasures.
- **Embrace Continuous Learning:** Expanding your knowledge base or learning a new hobby stimulates the brain and provides deep fulfillment.
- **Find a Sense of Purpose:** Engaging in work or hobbies that give your life meaning, or pursuing your passions, drives intrinsic happiness.

--- Connection & Meaning

- **Nurture Relationships:** Building close bonds with friends, family, and a support network gives you a sense of belonging and buffers against stress.
- **Help Others:** Engaging in community service or simply being kind and motivating others increases your own happiness and empathy.

--- Health & Body

- **Prioritize Rest and Sleep:** Allowing your body and mind to recharge is essential for emotional regulation, stress reduction, and overall wellness.
- **Stay Physically Active:** Moving your body—whether through structured exercise or simply spending time walking in nature—releases endorphins that elevate mood.
- **Nourish Your Body:** Fueling yourself with healthy, balanced foods provides sustained energy and supports mental health.

--- Lifestyle & Environment

- **Establish Financial Peace:** Creating a financial plan and budget reduces long-term anxiety and provides security.
- **Engage in the Arts and Play:** Participating in creative outlets or simply experiencing arts, culture, and play boosts contentment and helps process emotions.
- **Spend Time in Nature:** Getting fresh air and stepping outside has been proven by psychologists to increase happiness and lower stress.

Epicurean philosophy is much more abstract. It does bring forward the importance of friendship. But it allows each person to decide for themselves what brings pleasure.

We've talked about creating "meaning" in the past (over in other threads...I'll need to see where those are and add links.