

Your Experience with Philosophical and Practical Contemplations Through the Lens of Epicurean Philosophy

Post by “Pacatus” of June 26, 2026 at 12:21 PM

[Kalosyni](#) : Thanks for this thread, and the prompting blog. 👍

For me, these days, it's mostly how (a) to abide in some serenity and ease in the midst of all the turmoil in the world (some of which directly affects people I know), (b) while appreciating my AFHB*, and (c) finding ways to enjoy each day, one day at a time.

One of my strategies (Vivian's too) is to limit our news feed, and to watch more sports instead. Also, I now am spending more time, especially in the afternoon, just reading.

“Attention-Fluid, Hypertexting Brain” (my more affirming version of ADHD - especially rejecting that last D). 😊