

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.

Post by “Kalosyni” of June 8, 2026 at 2:36 PM

[Quote from Kalosyni](#)

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There is a whole sub-form on "meaning"...

[Answering the "Quest For Meaning" In Epicurean Terms](#)

Post by “Raphael Raul” of June 9, 2026 at 9:40 PM

Thanks for the information you gathered, Kalosyni.

All those suggestions I try to follow. They are all important and work together organically.

I also printed out what you posted on "On Epicurean Text Study and Contemplation," which I will begin reading this weekend on a favorite sunny bench in a nearby leafy park... **Spend Time in Nature:** Getting fresh air and stepping outside have been shown by psychologists to increase happiness and lower stress. 👍

Post by “Patrikios” of June 23, 2026 at 3:19 PM

[Quote from Kalosyni](#)

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[Kalosyni](#)

Once again, you find lovely ways to remind us just how relevant the Epicurean teachings are to living a modern healthy life filled with eudaimonia!

It appears that each of those 4 major groupings and most all of the sub-topics could be filled in with Epicurean quotes.
WDYT?

Post by “Kalosyni” of June 24, 2026 at 1:47 PM

[Patrikios](#) - Here is are some comparisons to textual references in Epicurean philosophy, mapped according to some of the points in Post 1 above (although some of these may be more loosely related)...

Cultivate Gratitude

“The wealth demanded by nature is limited and is easy to procure; but the wealth demanded by vain ideals extends to infinity.”

— **PD 15**

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— **VS 35**

Practice Mindfulness (being fully present now)

“The future is neither wholly ours nor wholly not ours, so that neither must we completely expect it nor despair of it as if it would not come.”

— **PD 14**

“Accustom yourself to think that [death is nothing to us...](#)”

— Letter to Menoecus, **§124-125**

Embrace Continuous Learning

“Let no one delay the study of philosophy while young nor weary of it when old; for no one is either too early or too late to secure the health of the soul.”

— Letter to Menoecus, **§122**

Find a Sense of Purpose

“We must study the things which produce happiness, since when happiness is present, we have everything; when it is absent, all our actions are directed toward attaining it.”

— Letter to Menoecus, **§122-123**

Nurture Relationships

“Of all the things that wisdom provides for the happiness of the whole life, by far the greatest is the possession of friendship.”

— **PD 27**

“Friendship dances around the world proclaiming to us all to awaken to blessedness.”

— **VS 52**

Help Others

“Every friendship is desirable in itself; but it had its beginning in usefulness.”

— **PD 23**

Nourish Your Body

“Plain fare offers the same pleasure as a luxurious table when once the pain of want is removed.”

— Letter to Menoecus, **§131**