

# The Nature of Work

**Post by “isychos” of February 20, 2021 at 5:00 AM**

Happy twentieth all.

Long time listener, first time poster...

I have been trying to wrap my head around how pleasure fits in to the world of work (paid employment) for us as Epicureans, and how work should be viewed within our lives, considering it consumes such a large portion of our time.

Just to give a bit of context:

I would have to say most of my working life I have experienced more pain (mostly mental) than pleasure; I have tried many roles across various industries, however this sense of not feeling pleasure at work has been dominant most of the time, and the mental pain extends outside the working hours, which is very draining and does not allow me the energy to discover and devote to pleasures in my personal time.

Most of the people in my life have offered advice around how to deal with this, such as to look at work as a means to an end, however that has felt rather stoic to me.

Am I applying the measurement of pleasure vs pain correctly within the context of work?

These are just some of the thoughts I am grappling with around this topic, and may still seem a little jumbled, however it's a start.

I am hoping my Epicurean Friends can help me to clarify my thinking on this.

Thank you

\*\*\*Please feel free to edit the font, as I have posted this from a “smart” phone.