

# Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by “Pacatus” of July 19, 2022 at 6:03 PM

Because I self-manage a chunk of our retirement funds (trading stocks, mostly), I feel that I have to keep up with the news – not just market/financial news, but geopolitics and local politics. Therefore, I spend a good deal of my daytime hours perusing multiple news sources.

As I do so, I find that I am increasingly plagued by anxiety, dread and even rage (my reaction always to bullying of any stripe) at what I see happening – both in my own country and the world. [I will not identify specific social/political groups and activities, as I do not think that would be appropriate here.]

I do not believe I can “hide” in an Epicurean Garden (not that I think that was what Epicurus advocated – even with his recommendation to, insofar as possible, live an obscure life). Even as I live a quasi-reclusive lifestyle, I am aware that what happens in the larger world can directly impact our lives. (And I am, in consultation with my wife, diverting some resources to what I consider just causes.)

I recall that Cassius (Amicus) has spoken to this kind of thing before: e.g., in discussing the other Epicurean Cassius who participated robustly in Roman politics.

I am just asking for some counsel from the wise people here on how to maintain some *ataraxia* as I confront the burgeoning tumult. Thanks to any and all in advance. (And apologies if this is not appropriate.)

Pacatus