

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

**Post by "Cassius" of July 19, 2022 at 6:24 PM**

Pacatus I think it is a completely appropriate post, and it sounds like you and I are quite alike.

I work in a field that requires me to stay up on the latest news and developments in society, and I too spend a lot of time monitoring (but not necessarily engaging with) people talking about current events.

And I don't have any problem reconciling that with Epicurus -- he too was very aware of what was going on in the world.

Now in this post I am not making many good suggestions, but I will come back. I just want to first stake out the position that I am convinced that an Epicurean does want to know what is going on around him, at the very least to be able to meet the threats that naturally come our way.