

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

Post by "Pacatus" of July 20, 2022 at 10:57 AM

First of all: thanks to all for your generous responses. I plan to take the time to read them all carefully (and more than once, including the links that Don provided) -- they deserve no less. My own responses will likely be patchwork, as I go.

I want to say that trading is not, in itself, stressful to me -- but an enjoyable activity. I am not investing to build wealth, but merely to augment our current income a bit (which does have a secondary effect of some capital preservation). To that end, I have found a niche as a "swing trader," which works for me. We are satisfied with our fairly frugal, simple lifestyle. Although we occasionally feast, my wife (perhaps showing her inner Epicurus) often quotes to me: "Enough is a feast."

With that said, I realize that I have neglected a hedonic calculus when it comes to balancing our private life and social concerns (as Godfrey reminds me). I have also been neglecting practices that I already have (such as various forms of meditation). The result is that my life has become out of balance. I need to be more diligent. Also, I hope to incorporate some of the fine suggestions you guys have offered -- like building in more "Walden time" (thanks, Joshua; Thoreau, who was also an ardent abolitionist and wrote about civil disobedience, is a good example of someone who sustained that kind of balance -- but I would do well to revisit *On Walden Pond*).

I need to screen my news intake: what is helpful, what is not (hedonic calculus again) -- and start to weed out a bunch of it. The same for what I can and cannot reasonably contribute regarding social concerns -- without letting "the world's traumas" weigh me down. To monitor the kind of balance that I think Principal Doctrine 5 might describe.

And I need to remember that life is transient (thanks Cassius): "Memento mori" -- which Don pointed out to me is not reserved to the Stoics ("Epicureans remember death to remind us to pay heed to the sweetness of life in the here and now")

Again, thanks to all.