

Does the philosophy change you?

Post by "Cassius" of June 14, 2023 at 9:50 AM

OK yes we basically have a full subforum devoted to this, but might be good to add another specific thread:

[Dealing With Anxiety And Depression](#)

Here is a new specific thread which provides a keyword for the "overwhelmed" feeling, which probably isn't strictly the same as "anxiety" or "depression." This is the kind of thing we really need an "article" on :

Thread

[**How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?**](#)

[EDIT FROM CASSIUS: I am copying this post into a new thread to address the topic now listed as the thread title: "How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?" The first three posts are from [another thread entitled "Does the Philosophy Change You?"](#) but these posts set up the topic very nicely. We're not talking here about clinical depression or generalized anxiety but the normal ups and downs of everyday life, when the obstacles (real and not imagined) seem...



Pacatus

June 13, 2023 at 3:40 PM

So let's continue "Does the Philosophy Change You?" - which is a very good question - here in this existing thread. If anyone wants to pursue the "how to overcome feeling overwhelmed" aspect please post it [at this link](#).