

How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?

Post by "Godfrey" of June 14, 2023 at 3:20 PM

[Quote from Pacatus](#)

We also need something to the effect that we're not talking "Pleasure" in the abstract as an antidote to pain, but the real feelings of pleasure that are particular to the individual concerned, such that we focus on seeking out things that are pleasurable to person feeling overwhelmed.

Enjoy tiny bites of easily obtained pleasure. Even if they're only for a minute or two; gradually build from there. Just a chance to enjoy a moment of respite.

Remember as often as possible that pleasure and pain are the guides, and think about what small (or large) things you can do differently to reduce your pain of overwhelm and increase your pleasure. Understand that working in this way will improve your experience, as well as that of those around you.

Also understand that duty is subservient to pleasure, not the other way around. This may be the most difficult as well as the most important.