

# Dealing with Irritability (How to be Less Reactive)

Post by “Kalosyni” of March 13, 2025 at 2:21 PM

I think Epicurus would approve of doing things to increase the pleasant experiences of life, which would also mean transforming those things which are getting in the way of the fullness of the enjoyment of life.

I found this very good video, which explains the causes of reactivity (and irritability) and how to begin to make some changes.

<https://m.youtube.com/watch?v=j8ZsDUhc8xo>

I think the next step which should follow this video, would be working on increasing problem solving skills in difficult situations (and negotiation skills too).

(I have watched two other videos by this same Youtube channel and they seem very helpful).