

What Are Some Epicurean Tips to Deal With Anxiety Over Painful Scenarios?

Post by “Kalosyni” of October 18, 2025 at 1:34 PM

[Quote from SillyApe](#)

what else can I and other people do to deal with anger, resentment, and especially anxiety in scenarios like this?

Whether or not (and why) western society is currently having an uptick of increasing criminal violent behavior, is hard to know. Consider that perhaps anger and resentment are a kind of fuel for those who are the perpetrators of crime and violence, and which causes them to justify their actions. But those who cause violence are not happy people. And there are multifaceted causes that fuel the problem of violent crimes.

If things seem too unsafe, then we (as students of the philosophy of Epicurus) need to take heed and make safer choices such as not riding public transportation, or not going to crowded venues in cities.

And perhaps consider moving to a small town or rural area.