

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

Post by “Martin” of October 19, 2025 at 5:29 AM

What I observed and found confirmed in Philodemus' writings is that an initial sting of anger is unavoidable/normal/desirable/good and we should address it consciously and acknowledge it. We should anticipate that the interaction of the mind ruminating toward how bad the issue is with glands churning out biochemicals for a fight-or-flight reaction might turn the sting into a rage. By repeated practice of the awareness of the inner escalation and consciously nurturing the desire to stop the escalation, we can prevent the sting from spiraling into a rage. The initial sting is enough to drive us to effective action; the rage would be bad for our health and might propel us to do stupid things.

My turning point was about 26 years ago when I hit something with my fist in a fit of anger in public, luckily without any adverse consequences. Subsequently, I have put effort into intercepting the spiral toward rage, and this prevention of the escalation from sting to rage has become natural for me.