

Burnout, Time Management, and Searching for an Epicurean Approach

Post by “A_Gardner” of May 4, 2020 at 5:29 PM

Hello all,

The past couple of weeks have been an absolute roller-coaster for me, so much so have only recently started to use social media and forums again. I'm sure it has been a difficult time for all during this pandemic, and I wish for the good health of all here. Unfortunately, about a week and a half back I started to suffer from severe burnout and fatigue from work and had to distance myself from many online communities I was engaged in, as well as having to cease any and all extraneous projects of passion and curiosity (one being a document me and [Charles](#) had planned to work on, as well as an Epicurean focused Instagram project) so that I could dedicate what little free time and energy I had to university coursework.

I finally hit that edge and took a two weeks leave from work after seeing the symptoms of a breakdown creeping upon me along with falling behind in studies and concerned for my health in general, and took about one week of just being with myself and taking a break from just about any external stimulus to clear my mind and get back in touch with myself again.

I make this post in hopes of having some discussion regarding Epicurean approaches to these very modern day issues such as mental and physical fatigue from the workplace, and perhaps some remedies towards them? Life continues on and I will be returning to work within the next week, and though the leave has been somewhat restorative, I know that the stresses will always be there, and considering all that is going on, jumping ship from work completely is a bit too risky as of now. Time management is something of a factor as well, because I want to (even if slowly) begin to work on these projects once more.

Warm regards,

A Gardner