

Burnout, Time Management, and Searching for an Epicurean Approach

Post by “Cassius” of May 4, 2020 at 5:57 PM

Thanks for posting A Gardner! I know these last weeks have been tough for most of us - including me!

I know in my case it has been most helpful to my sanity to remain in touch with my friends here on the internet. It would have been much more helpful to have more such friends "in real life" but this has been for me the best substitute.

Specifically, I've continued to stay in touch with some of our core people here at least weekly as we have worked on the Lucretius Today podcast.

I wonder if we should not try to schedule something more in the way of "open discussion" via Skype or Zoom as well, so that is something we might talk about in this thread too.

Also, I suspect that [Elayne](#) would have specific commentary about how the regular pursuit of favorite pleasures, even if seemingly small, is helpful. I know both Elayne and [Charles](#) have been doing some hiking during this period.

I hope we can get some discussion going here and I will highlight this on the front page.