

Burnout, Time Management, and Searching for an Epicurean Approach

Post by “A_Gardner” of May 4, 2020 at 6:33 PM

Thank you for the suggestions and ideas! It also sounds like you have been able to avoid the virus as well and maintain physical health. [Cassius](#)

Although I am more biased towards discord, a group discussion would be something to most definitely consider. I do recall though that some members in the past have had technical issues with discord, so Skype is a good alternative as well. I'll be upfront and say I personally wouldn't use Zoom however. Too many privacy issues with the application.

As a more introverted individual, my initial go-to pleasures to aid me were things such as extended solitary walks in nature, foods I enjoy, and some moderate exercise to just get back in touch with my physicality. I also maintained a daily meditation habit, as well as pursuing some journal sessions using Tarot cards.

Now for those who may be of the opinion that meditation and Tarot fall under "woo", I approach them as a framework for personal psychology and reflection. This could very well be a topic in itself however, and to avoid debate about them in this thread, I respect that such approaches to meditation may not be one's cup of tea.

Now that I have had time to recharge, I have found myself wanting to once again reach out more, especially as I had stepped away from online communities and projects. So I am very thankful that we live in such a time where forums and social media can be of use if mindful of them.

I think this is where time management will now become a bigger factor, because returning soon to work, I'll have to find ways to fit in these restorative activities within the confines of a strict work schedule, and that's where it gets a bit tricky I think. These activities and pleasures are things that help to make the pains of work more tolerable, and yet this pain is not only a large part of a day (8 waking hours of ones schedule) but as of now a necessity so that I may be able pursue these simple pleasures without anxieties of basic material needs.

I'd hate to leave this post on a somewhat negative note, but this is the difficulty I am currently coming across.