

# **Burnout, Time Management, and Searching for an Epicurean Approach**

**Post by “Godfrey” of May 4, 2020 at 7:26 PM**

Learning from my mistakes from a decade or so of overwhelm, I'm finding that connecting restorative activities (ideally all activities, but sometimes that just isn't feasible) to what brings me meaning provides the most bang for my buck. Sometimes things get to where it's hard to even recognize what's personally meaningful: the best solution for me is to get to a place where my mind just free-associates. Sometimes a walk, sometimes a nap, sometimes lying awake at night. Basically letting go enough and opening up enough to become aware of what my sensations, embodied cognition, and feelings are telling me. Oftentimes that is surprising and challenging.