

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

**Post by “A\_Gardner” of May 5, 2020 at 1:04 PM**

Journaling during this time has been tremendously helpful. I find not only reflecting on the day to be helpful, but I add a little space for both pleasures to look forward to, pleasures from the past for reflection and to savor, and pleasure i can actively seek or create for the day.

Granted I've had more time for journaling since taking leave from work, but I've always found ways to write in some shape or form and this style I've currently been able work with has been very conducive to my nature, and hopefully someone else may find it in agreement with theirs as well.