

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

**Post by “Godfrey” of May 5, 2020 at 3:19 PM**

I've never been able to get any traction with journalling, but drawing has long been a go-to for me. In the darkest days I found composing haiku (or something more or less resembling it) to be a great release valve. Sort of mini-journalling. 😊

A great pleasure I've had recently is scanning old family photos (dating back to the 1870s) that have been stored in a closet for-seemingly-ever. There's a small Kondo-esque joy to it but the real pleasure has been discovering my ancestors and a bit of the lives they led. Pictures of my parents and grandparents as children, my parents in college, a "mommy and me" class picture from 1915 (who knew). That's just the beginning. And now that they're digitized they're as close as my phone and available to share with the rest of the family. The pleasure of connection.