

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

**Post by “Joshua” of May 6, 2020 at 3:45 PM**

This has been an interesting conversation!

In some ways I'm feeling very sheltered from all of this. I work outside everyday in the forests and coves and bayous of the Choctawhatchee, with ample sunshine, gentle breezes, and the lapping sound of the waves of the Gulf of Mexico.

My hometown in Iowa is a major hub of meat-packing, and things are really getting bad there. I'm certainly glad I'm not still driving truck during these times.

Perversely, my most intense personal frustration these days is the would-be prophets in my family and social circle who are interpreting the pandemic as an "end-times" event with increasing urgency. By denying these people omniscience, I am earning for myself an assortment of nicknames of a kind common among cranks; I am "programmed", or a "sheep", or I need to "wake up". You know the kind I mean.

This, too, shall pass.

[Here](#) is a poem I shared here a while back. I found it soothing to reread it just now, odd as that might seem.