

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

**Post by "Cassius" of May 6, 2020 at 6:34 PM**

OMG the "end times" discussions are among the worst and most frustrating, and hard to avoid using expletives. How many darn episodes does humanity have to go through to convince it that this is not "the end" or "the second coming" or whatever!

This is one of many reasons why I think it's necessary to have our own alternate "institutions" -- because monolithic heavily funded organizations like the various churches and religions just perpetuate their poison from generation to generation in a way that no individual or loosely-affiliated sets of individuals can withstand.

I feel sure that Epicurus himself, and no doubt the later Epicureans as Christianity emerged as a force of disruption in the Greco-Roman world had to see this too. Obviously they didn't succeed in building fast enough or thoroughly enough to withstand the tide of their time, but this is one of a thousand reasons why the 'retire to your cave and live as a hermit' model can never work. Which is not at all to fault Epicurus, because his emphasis on "Friends" and on advice such as [PD39](#) holds the key to realizing that the passivist and hermitist interpretation is incorrect.