

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

**Post by “Joshua” of May 6, 2020 at 8:25 PM**

Yes indeed, Cassius. It's a very thorny subject. But to come to Gardener's problem, I think that making time for self-care is an excellent idea! We—certainly those of us in America, but I'm sure elsewhere as well—we're too *busy*.

My experience with meditation was mostly frustrating, but one thing I do greatly miss from my Buddhist days is the morning tea ritual. I must get a teapot again!

It's about making time for a thing, and enjoying it fully. Like Thoreau said;

## Quote

I grew in those seasons like corn in the night, and they were far better than any work of the hands would have been. They were not time subtracted from my life, but so much over and above my usual allowance.