



# The Aurelius Foundation presents: STOICISM IN AND AFTER LOCKDOWN

## Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead and advisor to the foundation, Professor Christopher Gill.

We discuss how Stoicism can support us during and after the COVID-19 lockdown.

## Key Takeaway

- Work on building up your resilience by distinguishing what is and is not within your power and working on the cardinal virtues which are always within your power
- As a Stoic engage with each “circle” of your community; aim to keep up your sense of neighbourliness and community by seeing all human-beings as brothers and sisters and fellow citizens of the Universe
- Aim to lead a more environmentally responsible life by thinking of yourself as an integral part of nature as a whole and by aiming to maintain and preserve the order of nature