



The Aurelius Foundation presents: A CONVERSATION ABOUT STOICISM DURING THE LOCKDOWN

Overview

Our webinar is hosted by Aurelius Foundation founders, Justin Stead and Dr John Sellars, alongside advisor to the foundation, Professor Christopher Gill.

We discuss how Stoic teachings and self-examination can help us navigate Life during the COVID-19 lockdown period

Key Takeaway

- We must examine our judgements as these shape how we experience the world
 - We should consider the comparative value of things; what holds real value and what doesn't
- Engaging and focusing our attention on what matters in Life is key and understanding that the value lies in our actions in making our arrow fly as straight as possible towards the target, rather than whether the arrow hits the target or not
- Understanding the dichotomy of control and how our sense of control is limited to our own actions can help us avoid negative emotions
 - Challenges provide us with an opportunity to improve
- We must all take time to gain self-knowledge and understand our own nature