



The Aurelius Foundation presents: STOICISM & THE SOCIAL DILEMMA

Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead and Anastasia Haztivilsalou, CEO of Super Able Mind and SAM Neuropractitioner.

We examine social media's impact on meaningful connections between parents and children, the impact on mental health and Stoic solutions.

Key Takeaway

1. Social Media is here to stay so Stoics would embrace the medium positively as social beings
2. Wisdom would suggest filtering carefully what and who you allow yourself to interact with
3. Justice would suggest considered content generation from your own standpoint
4. Temperance would encourage balance in terms of time spent on social platforms and a review of the quality of that time spent on social platforms
5. Courage would deliver the strength to control one's participation or not