



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

## Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead, advisor to the foundation, Professor Christopher Gill and Tom Hill, an Environmental Economist who works for the UK's leading progressive think tank, Institute for Public Policy Research.

We discuss how Stoic behaviours and practices can help us support our local and global environment during the COVID-19 lockdown.

## Key Takeaway

*“All ‘individual’ action helps generate ‘collective’ action, and all ‘collective’ action comes from people”*  
*Peter Kalmus*

- Stoics are fundamentally part of Nature; as modern Stoics we can see that nature needs to be looked after
- As Stoics we have a responsibility to contribute and support to the greater good for our local and global society, this includes consideration and support for our environment
- We can consider how our daily choices can support our environment (e.g. how we travel, what we use for convenience)