



Key Takeaways: HOW STOICISM CAN HELP WITH WELLBEING & WELLNESS

Eve Riches and Tim LeBon explore the meaning of Wellness to the Stoics as part of UK Mental Health Awareness Week.

Our Key Takeaways

1. Stoicism is not the same as (lower case) stoicism
2. Get on the Stoic Elevator
3. Be the archer
4. Don't *get on the train*
5. Focus on the virtues
6. Self-control = self-care
7. Put on your own Oxygen Mask first
8. Try changing perspective
9. Stoic it up!
10. Ride to the top of the Stoic Elevator
11. Stoicism = Wellness