

## Stoicism: Ancient Wisdom for Modern Resilience

Stoicism is a practical philosophy that emphasizes personal ethics, rational thinking, and emotional resilience. Founded in ancient Greece and later flourishing in Rome, Stoicism provides timeless wisdom for dealing with life's challenges.

### Core Principles of Stoicism:

#### 1. The Dichotomy of Control

- Focus only on what you can control
- Accept what you cannot change
- External events are neutral; our judgments create our experience
- Channel energy only into actionable matters

#### 2. Virtue as the Highest Good

- Wisdom: Clear judgment and rational thinking
- Justice: Fairness and service to others
- Courage: Facing challenges with fortitude
- Temperance: Self-control and moderation

#### 3. Living According to Nature

- Accept reality as it is, not as you wish it to be
- Understand your role in the greater whole
- Act in harmony with reason and natural law
- Embrace the present moment fully