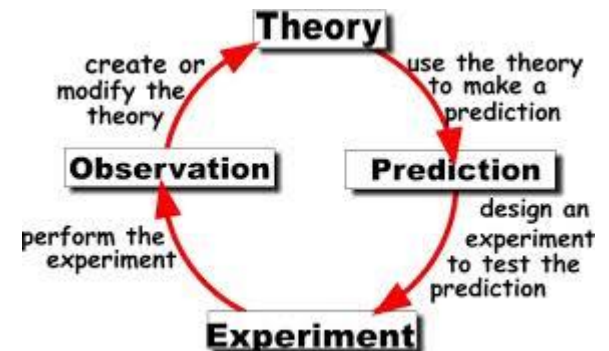


6 YEARS OF STOIC WEEKS:
HAVE WE LEARNT SO FAR?
TIM LEBON



What is Stoic Week?



- “Live like a Stoic for a week” started in 2012 annually around October
- You can do the course independently, anywhere in the world as long as you have internet access
- Download free booklet
- Other resources like audio downloads, Facebook group ...
- Each year a different theme, each day a topic
- Stoic meditations, reflections & readings each day
- Last year, more than 7,000 took part

2018 Stoic Week Theme: Living Happily



What is a happy life? It is peacefulness and lasting tranquillity, the sources of which are a great spirit and a steady determination to hold fast to good decisions. How does one arrive at these things? By recognizing the truth in all its completeness, by maintaining order, moderation and appropriateness in one's actions, by having a will which is always well-intentioned and generous, focused on reason and never deviating from it, as lovable as it is admirable. *Seneca, Letters, 92.3*

Stoic Week 2018 – Day by Day

Monday: Happiness

Tuesday: Virtue

Wednesday: Relationships

Thursday: Community

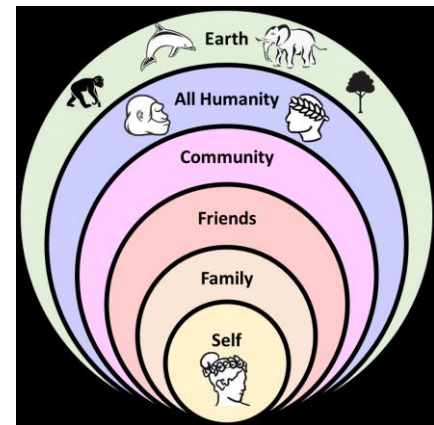
Friday: Emotions

Saturday: Resilience

Sunday: Nature

Stoic Week Exercises Include

- Reading passages from the great Stoics
- Morning Meditation
- Self-monitoring of responses to situations
- Rehearsing mentally how to deal with adversity
- Contemplating what the ideal person would do
- View from Above
- Cultivating Philanthropy
- Evening Meditation

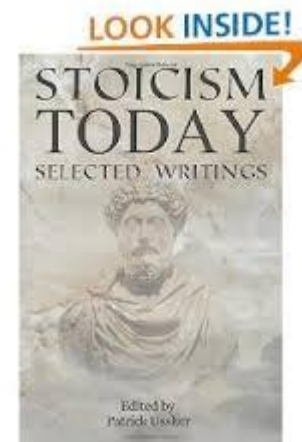


Enrol for free <https://learn.modernstoicism.com/p/stoic-week/>

Why did we create Stoic Week?

- Outreach
 - Help promote Stoicism and make it better known and practised more
- Research
 - Does Stoicism work?

-Findings as of 2014 summarised in “Does Stoicism Work?” (LeBon, 2014) in *Stoicism Today: Selected Writings*



Does Stoicism Work?

2018 Update

- In Stoic weeks we have analysed thousands of questionnaires to help us find out
- The first question we wanted to answer was:
- Does being Stoic increase or reduce well-being?

LARGE POSITIVE IMPACT ON BEING STOIC FOR EVEN JUST A WEEK

	Stoic Week 2017
No of completed questionnaires	2870
Increase in Flourishing	10%
Increase in Satisfaction with Life	14%
Increase in Positive Emotions	11%
Reduction in Negative Emotions	14%
Increase In Stoic Attitudes and Behaviours	9%



What if you do Stoicism for longer? SMRT one month course



- Stoic Mindfulness and Resilience Training (SMRT) – 500 people in May 2014
- A month rather than a week
- 27% increase in overall satisfaction with life after the month
- Similarly enhanced increases in other well-being measures
- More Stoicism appears to lead to even greater well-being.

Does the Effect Last?

First 3 month follow-up done of SMRT in 2017

- It was found that the benefits were pretty much the same even after 3 months – Stoic benefits don't seem to evaporate

- Flourishing Scale

- Before 40.8 End of SMRT 47 3 months later 47

- Satisfaction with Life Scale

- Before 23.2 End of SMRT 27 3 months later 26.8

See <https://modernstoicism.com/stoic-week-2017-report-part-3-the-impact-of-stoic-week-and-smrt-by-tim-lebon/>

Correlational Studies

THE SABS Scale

What is the association between someone's degree of Stoicism and their well-being?

- If we could measure a person's level of Stoicism we could then answer questions like
- If you are more Stoic, do you tend to be happier? Flourishing? More positive emotions? Less negative emotions?
- So we have been designing the SABS scale to help us do this
- STOIC ATTITUDES and BEHAVIOURS scale (SABS)

STRONG POSITIVE ASSOCIATION BETWEEN STOICISM & WELL-BEING at start of Stoic Week

	Flourishing	Emotions (SPANE)	Life Satisfaction (SWL)	Average well-being
STOIC ATTITUDES AND BEHAVIOURS	0.47 (.46)	0.43 (.42)	0.36 (.37)	0.48 (.42)

Significant finding from our SABS correlational research

There is a correlation coefficient of over .4 between Stoicism and well-being. Given the size of the sample (nearly two thousand), the chances of this association being accidental is less than one in a million.

Stoicism goes with positive emotions just about as much as with the reduction of negative emotions.

There is only a weak association between stated knowledge of Stoicism and average well-being (a correlation co-efficient of about .1) (it's the practice that makes the difference)

The over 55s were the most Stoic and in general the older people are, the more Stoic they are.

The Americas win the contest for most Stoic geographic areas The UK (stiff upper lip notwithstanding) trails the field.

Which regions are the most Stoic?

Region	Average SABS score	2016 Comparison	%	Average well-being
South America	170	165	2	23
USA	166	166	44	22
Canada	165	164	10	23
Australia	166	161	5	23
Europe	162	162	19	22
Africa	162	161	1	21
UK	161	159	15	22
Asia	159	160	3	20

Combining the Impact and the Correlational Studies – how confident can we be that Stoicism helps?

- In 2017 For the fifth year running, taking part in Stoic Week led to a significant increase in well-being on all measures overall.
- The SABS items that showed the biggest increase through taking part in Stoic Week are both significantly related to improvements in mental health as well as well-being.
 - (These items were cognitive distancing and reducing rumination)
- SABS UP goes with WELL-BEING up
- Those who change most in their degree of Stoicism changed substantially more in terms of well-being than those who changed least in their degree of Stoicism. This supports the hypothesis that the change in well-being is largely attributable to participant's being more Stoic.
- So, pretty confident that Stoicism helps many people.

2017 – Stoicism and Strengths

In 2017 we asked participants to fill in the CIVIC questionnaire as well as the SABS and well-being questionnaires.

This enabled us to see if Stoicism was strongly associated with character strengths and whether these increased during Stoic Week.

Stoicism did turn out to be positively associated with all 29 CIVIC strengths and virtues (some strengths more than others)

These strengths increased after participation in Stoic Week (some more than others)

Which of the 29 strengths is most associated with Stoicism?

Gratitude

Love

Appreciation of Beauty

Creativity

Love of Learning

Hope

Persistence

Zest

Humor

Leadership

Perspective

Propriety

Social Perceptiveness

Teamwork

Authenticity

Bravery

Humility

Trustworthiness

Carefulness

Emotional Awareness

Self-Control

Forethought

Meaning/Purpose

Spirituality

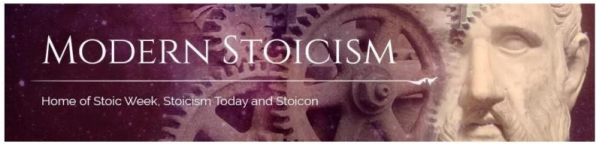
Fairness

Forgiveness

Kindness

Openness to Evidence

Perspective-Taking



Stoic Week 2017 Report (part 2) by Tim Lebon

Donate

Please consider donating in support of your knowledge. Help support this week. Thank you!

A strong positive relationship between Stoicism and well-being has been documented in numerous Stoic Week reports. This was the seventh one.

Rank	Positive Character Trait	Correlation with Stoicism
1	Zest	0.45
2	Gratitude	0.43
3	Persistence	0.42
4	Bravery	0.41
5	Emotional Awareness	0.40
6	Forgiveness	0.40
7	Kindness	0.38
8	Fairness	0.38
9	Perspective-Taking	0.38
10	Self-Control	0.38

Which of the 29 strengths increased most during Stoic Week?

Gratitude	Authenticity
Love	Bravery
Appreciation of Beauty	Humility
Creativity	Trustworthiness
Love of Learning	Carefulness
Hope	Emotional Awareness
Persistence	Self-Control
Zest	Forethought
Humor	Meaning/Purpose
Leadership	Spirituality
Perspective	Fairness
Propriety	Forgiveness
Social Perceptiveness	Kindness
Teamwork	Openness to Evidence
	Perspective-Taking

Which Strengths increased most during Stoic Week 2017?

Strength	% Increase
Zest	12.0
Hope	10.3
Meaning/Purpose	7.5
Persistence	5.7
Leadership	5.6
Self-Control	5.6
Emotional Awareness	5.1
Humor	4.6

Zest = “Great enthusiasm and energy”

I typically look forward to each new day.

I feel excited to start each day.

I am brimming with excitement about life.

I always look forward to what the day brings.

I have great enthusiasm for life.

I eagerly anticipate each day's activities.

I try to live each day to the fullest.

I typically feel ready to take on what life has in store for me.

I hardly ever feel half-hearted about my activities.

I typically don't dread starting my daily activities.

I generally approach my daily activities with energy.

I have enthusiasm for my daily activities.

What Stoicism is Not

- Stoicism is not about having a “stiff upper lip”
- Not about repressing emotions
- Not about being passive or resigned **Fake News!**
- Not about being isolated
- Not about being dour and rock-like
- That is stoicism (small “s”) not Stoicism (big “s”)

2018 Demographics

So far ...

Note – up to Friday at 1700 UK time

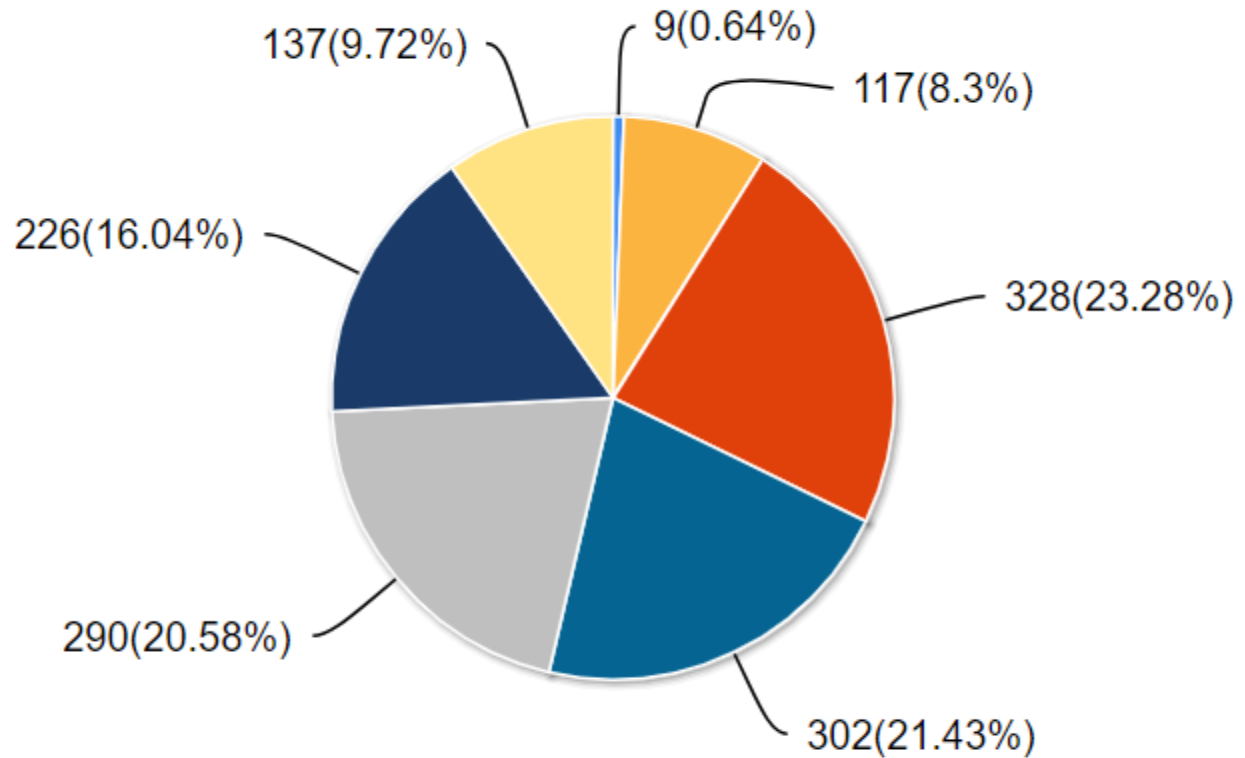
Final figures will be different



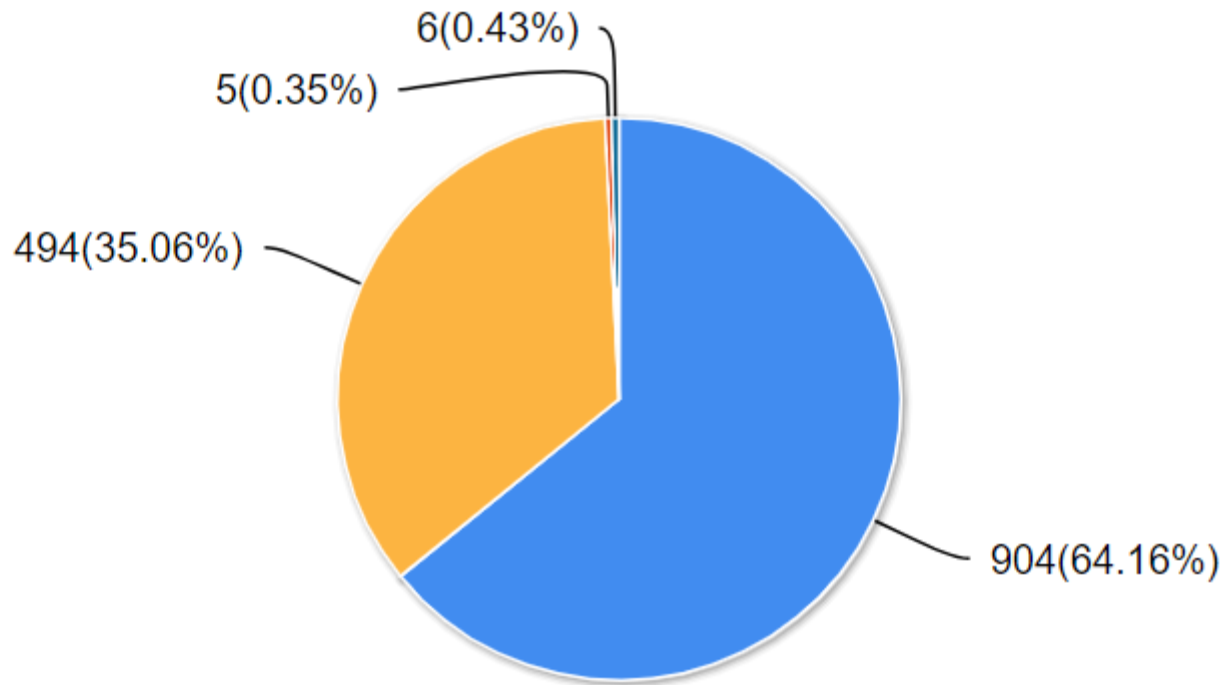
Where do Stoic Week Participants Live?

Country	Count	Percent
United States	512	36.06%
United Kingdom	362	25.49%
Canada	117	8.24%
Australia	52	3.66%
Germany	45	3.17%
Netherlands	35	2.46%
Brazil	22	1.55%
South Africa	18	1.27%
Sweden	17	1.20%
France	16	1.13%
Spain	16	1.13%
Ireland {Republic}	12	0.85%
New Zealand	12	0.85%
Portugal	12	0.85%
Belgium	10	0.70%
Denmark	10	0.70%
India	10	0.70%

What is your age?

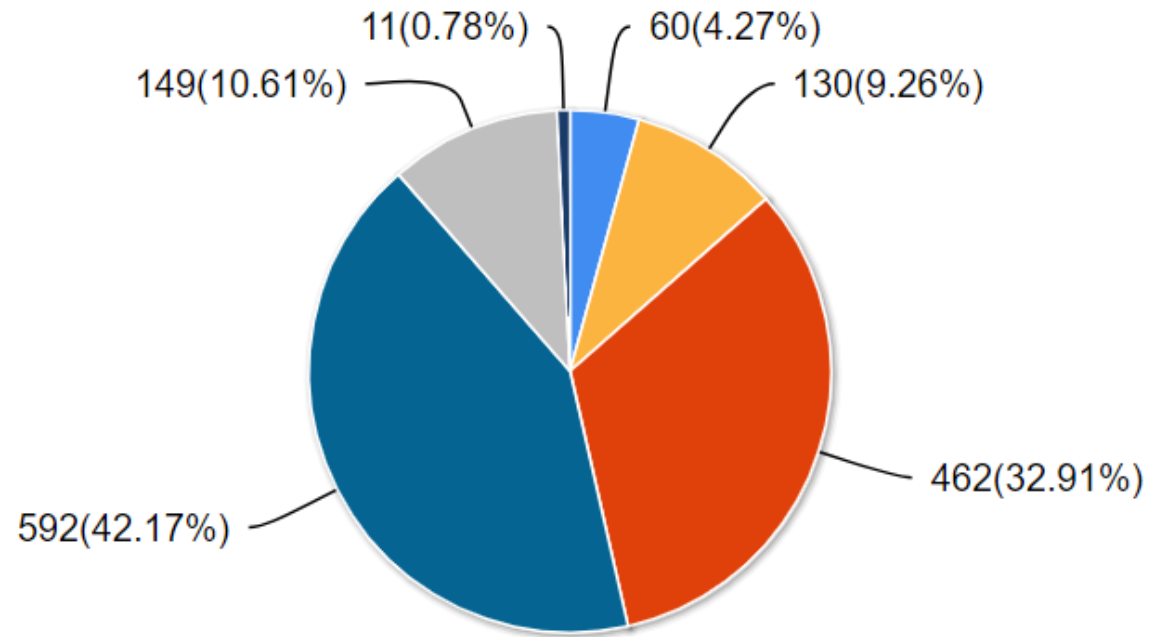


What is your gender?



Male Female Other Decline to state

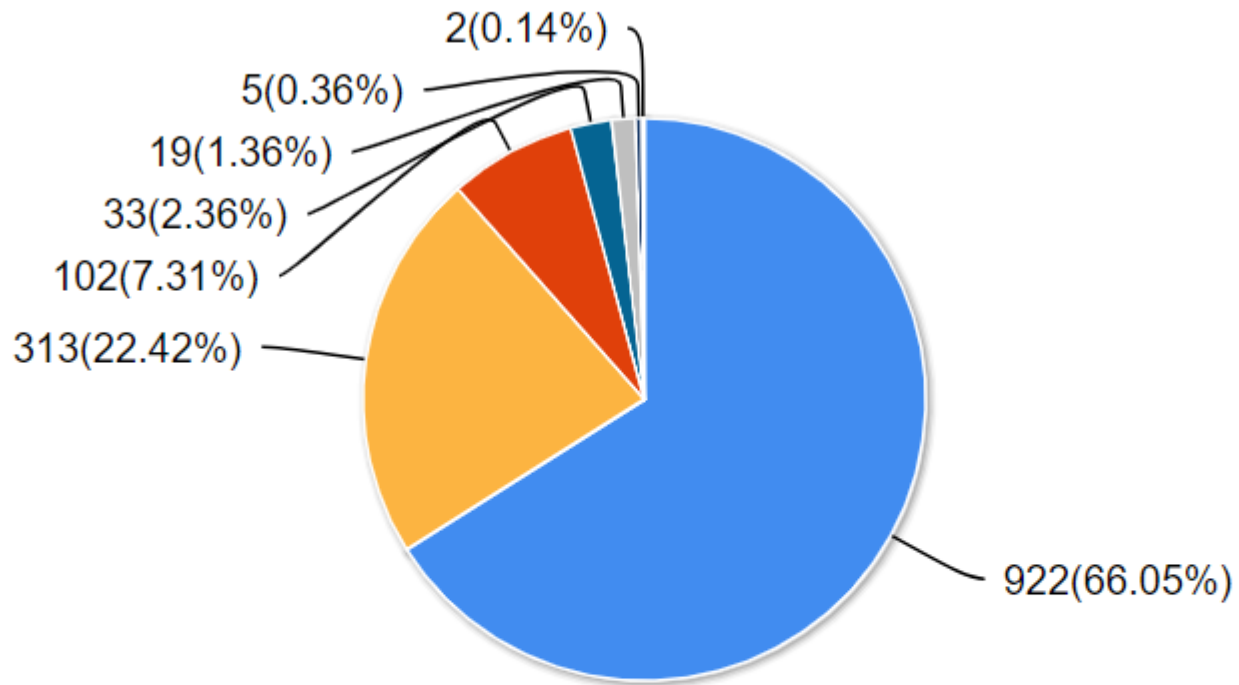
To what extent do you consider yourself to be a Stoic?



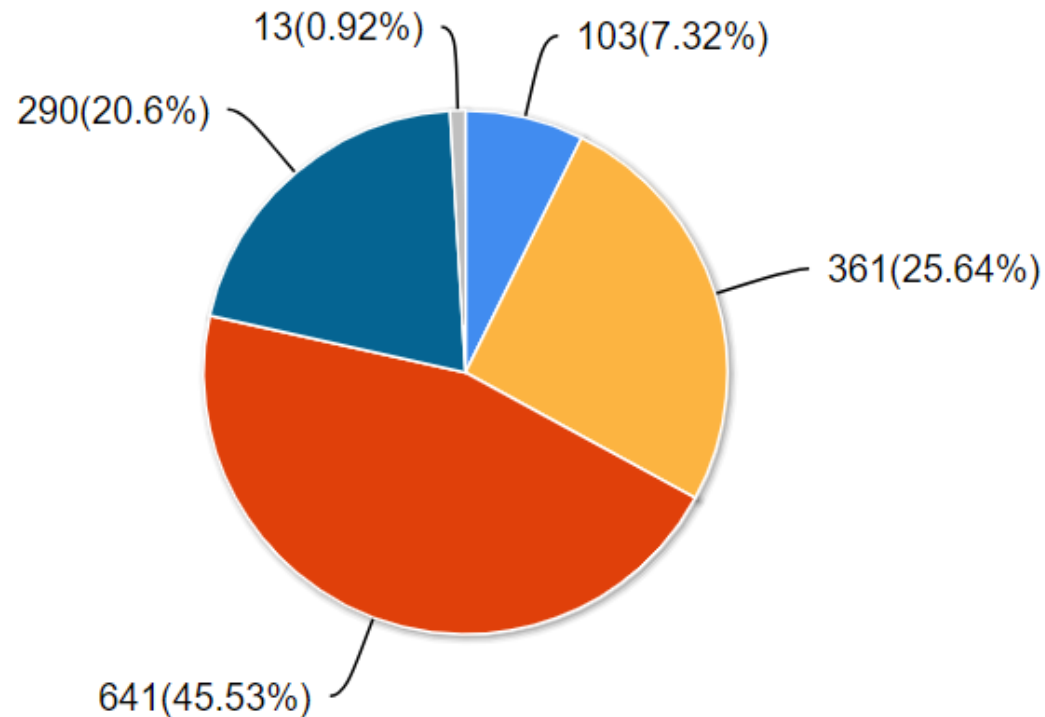
Legend:

- Definitely not a Stoic
- More not a Stoic than a Stoic
- Neutral or I don't know
- I am more a Stoic than not a Stoic
- I consider myself to be a Stoic
- Other

How many times have you taken part in Stoic Week before?



How would you describe your prior knowledge of Stoicism?



None Novice I know a bit I know quite a lot but I'm not an expert Expert

NEXT STEPS



- Validated and simplified SABS – Stoic Week 2018
- Local Focus and support groups
- Longer courses in Stoicism, perhaps for specific issues
 - SMRT for Resilience
 - Stoic Anger Management course?
 - Stoicism for Pain?
 - Stoicism for Other long term conditions
- Come and speak to me if you have other ideas or would like to be part of our research team

Your Next Steps?

- Enrol for Stoic Week – starting on Monday!
- <https://learn.modernstoicism.com/p/stoic-week/>
- Fill in the questionnaires
- Enjoy the rest of today
- Thank you.

My Contact info:-

stoic@timplebon.com www.timplebon.com