

This year Stoic Week is taking place from the 18th to the 24th October 2021.

Stoic Week is a global online experiment trying to see if people can benefit from following the ancient philosophy of Stoicism.

Since its inception in 2012, over 25,000 people have signed up and so far the results have been consistently positive – people do benefit from ‘living like a Stoic’.

Here are some of the things previous participants have said:-

- **“I am calmer, I accept many disagreeable things with good spirits. No so easily hurt”.**
- **“Having a clear list of daily exercises has been very useful, and this week has started to make these a daily habit”**
- **“Putting personal difficulties with Health and treatment into perspective, managing pain and other people's sadness”**
- **“It has made me think, question and discuss, until now, half-formed ideas”**
- **“The guidance of Stoicism makes me happy”**
- **“Being involved daily gave me the opportunity to realise how positive and worthy my life has been and how prepared I am for whatever life presents in the future”**

This is your opportunity to experience some of those benefits too.

This year the theme is “Stoicism and Well-Being”. We know from our research that previous Stoic Weeks have in general enhanced participants’ well-being. This year we have selected 7 topics which we think are most directly related to enhancing well-being – so we are anticipating the benefit will be as much as usual, if not greater.

The course is free and online, attracting participants from all over the world. There is a series of questionnaires to complete in advance, guided advice for each day of the week, and a second set of questionnaires at the end.

You can sign up for Stoic Week via the link below or find more information about the project on the [Modern Stoicism website](#).

[Enroll for Stoic Week](#)

NEW for 2021! - Stoic Week for Students

- You asked for it! People are always asking for Stoic materials for children and teens, so we created this special version of Stoic Week just for teenagers.
- The course is designed for classroom teachers, but parents can also use it with their kids at home. The handbook comes with a teacher's guide, with extra activities and resources including audio.
- Suggested ages are 13-15, but teachers and parents can adapt the materials for older or slightly younger children.
- Topics include happiness, resilience, managing emotions, friendship, community, nature, identity, and character.
- Download the pdf version of the handbook, or complete the course online so your kids can interact with other students participating in Stoic Week
- Stoic Week for students takes place at same time as Stoic Week (Oct 18th-24th) but the materials will be made available somewhat earlier.

You can sign up for Stoic Week for Students via the link below or find more information about the project on the [Modern Stoicism website](#).

Enroll for Stoic Week for Students

For some background information and reports from previous years in the media, visit:

- John Sellars, '[Want to be happy? Then live like a Stoic for a week](#)', The Conversation (September 2018)
- Brigid Delany, '[My week living as a Stoic: like a Buddhist with attitude, but hard to do when hungover](#)', The Guardian (October 2018)
- Victoria Lambert, '[Don't flap, Don't rant, Do keep calm: Can a new course based on ancient philosophy really transform your life in just one week?](#)', The Daily Mail (January 2019)

Each year the organizers of Stoic Week also put on public events to coincide with the week. In 2021 the main event, [Stoicon](#), will take remotely on October 16th. A series of

smaller Stoicon-x events will take place at locations all over the world. Further information about all these events can be found on the [Modern Stoicism website](#). Stoic Week and Stoicon events are run by Modern Stoicism, a not-for-profit organization set up by a group of academics and psychotherapists.

So, what is Stoicism? Here are some key Stoic ideas:

- Acknowledge that you can't control much of what goes on in your life.
- See that your emotions are the product of how you think about the world.
- Accept that bad things are bound to happen to you from time to time, just as they do to everyone else.
- True well-being is attained by focussing on your character
- See yourself as part of a larger whole, not an isolated individual; part of the human race, part of Nature.
- Think of everything you have as not your own, but simply on loan, that one day will be taken back.