



Curiosity vs. Worry: Why Curiosity Wins for Your Well-being

1. What am I worried about today?

Describe any specific thoughts or situations that are making you feel anxious or uncertain.

What's the Difference?

Worrying is imagining negative outcomes and feeling stuck or anxious about the future.

Curiosity is wondering what's possible and feeling open and engaged with the unknown.

Why Curiosity Is Healthier

Curiosity	Worrying
Activates the reward system in the brain, increasing dopamine (the 'feel good' hormone).	Activates the fight or flight response, increasing cortisol (the stress hormone)
Encourages problem-solving and creativity.	Traps you in overthinking and "what if" loops.
Helps you stay present and mindful.	Keeps your mind stuck in the future or past.
Strengthens resilience by making challenges feel like opportunities	Wastes energy and motivation, making challenges feel overwhelming.
Improves relationships through interest in others.	Can create distance through fear, assumptions, or avoidance

The Brain Science

Curiosity lights up areas of the brain tied to learning, exploration, and memory.

Worrying lights up areas tied to fear, anxiety, and rumination.

In short: Curiosity helps you grow. Worrying holds you back.

Quick Reframe Tip:

Next time you catch yourself worrying, ask:

'What am I curious about right now?'

It shifts your brain from fear to possibility.