**The Power of Curiosity**

Curiosity, at its core, is all about noticing and being drawn to things we find interesting. It's about recognizing and seizing the pleasure that novel experiences offer us, and finding novelty and meaning in experiences that are familiar. When we are curious, we see things differently; we use our power of observation more fully. We sense what is happening in the present moment, taking note of what is, regardless of what it looked like before or what we might have expected it to be. Curiosity enhances our well-being by affecting our health, intelligence, social relationships, happiness, and enhanced meaning in life.

When you feel upset to the point you are having trouble doing anything, stop and get curious. Practice this until it becomes a knee-jerk reaction, wired into your control networks. This is what is happening now. Disciplined curiosity allows us to slow down and shift our perspective- and brain activity- completely.

When we engage curiosity fully, we get to say what we pay attention to, and how we pay attention. When you find your emotions are way off, get curious.

“I’m not meant to be going into this angry state. Why on earth would I be feeling rage over this?”

“Who am I, at this moment? Is this who I want to be?”

“What am I experiencing at this moment?”

“I’m really scared. That’s strange. I’m totally cool with this. Done it a thousand times.”

“This isn’t who I want to be. Why am I still doing this? This is who I want to be, aligned with values, purposes and passions.”

**Mindfulness:**

**Find Your Focus:** Sunday Scaries Headspace

**Morning Stretches:** When animals awake from sleeping, they spend time stretching and warming their muscles for the day. You should feel more in touch with your body from waking and stretching. Start by reaching up, breathing in, and then exhaling as you reach for the floor. Listen to your body and add any stretches you need.

**Thought Clouds:** Mindfulness involves a ‘stepping back’ from your thoughts and watching them, rather than letting them gain traction or turn into negative feelings. One way to make this happen is to imagine your thoughts as thought clouds. Imagine that you are watching your thoughts as you might watch clouds- with a sense of indifference, or distance between you and them, and without analysis or judgment. The problem with thoughts is that they can dig in and become feelings. Instead, give them the space to be there. Let them come, and then let them go. If your mind is tempted to wander away with a thought, come back to your breathing and ground yourself in your senses. What do you see, feel, hear, taste, smell?

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**Suicide Prevention Lifeline**

1-800-273-8255

**SafeUT Crisis Chat & Tip Line**