



INTELLECTUAL WELLNESS

Staying Curious, Staying Growing

Intellectual wellness is about nurturing curiosity, creativity, and lifelong learning. It's not about being the smartest in the room — it's about staying engaged, open, and willing to grow.

"Curiosity is a quiet form of self-care."

A GENTLE PRACTICE: EXPLORE, ENGAGE, EXPRESS

This practice invites you to reconnect with your natural sense of curiosity.

- 1. Explore.** Think of a topic, skill, or idea you've been curious about lately.
- 2. Engage.** Spend just 10–15 minutes exploring it — reading, watching, or trying something hands-on.
- 3. Express.** Share what you learned or created with someone, even informally — expression deepens growth.

REFLECTION PROMPTS

- *What's something I've always wanted to learn but haven't made time for?*
- *When do I feel most mentally engaged and alive?*
- *How can I make more room for curiosity in my everyday life?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.



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Science-Backed Practices for Staying Curious

These practices are drawn from the research on intellectual wellness — small, doable ways to stay engaged, open, and growing. Try one this week, not all nine.

NINE WAYS TO PRACTICE INTELLECTUAL WELLNESS

Reading (deep / slow reading) **RETREAT-READY**

Builds empathy, reduces stress, and maintains cognitive reserve.

Learning a new skill

Neuroplasticity is driven by novel challenge and deliberate practice.

Creative writing / poetry **RETREAT-READY**

Activates default mode and salience networks; supports self-authorship.

Strategic games (chess, puzzles)

Shown to delay cognitive decline and improve executive function.

Philosophical discussion / Socratic dialogue

RETREAT-READY

Critical thinking exercises strengthen reasoning and reduce cognitive bias.

Music learning / instrument play

Transfers broadly to memory, attention, and processing speed.

Nature journaling / citizen science

RETREAT-READY

Combines observation, curiosity, and outdoor exposure.

Culinary arts workshop **RETREAT-READY**

Multi-sensory learning; integrates creativity, chemistry, and planning.

Mindful photography **RETREAT-READY**

Trains present-moment attention and perceptual sharpening.

You don't need all nine. Choose the one that feels most alive for you right now.