

# SANE

We're people like you.

## Peer Group Chat Summary

**Date:** 01.02.2024

**Topic:** Contagious With Our Curiosity

**Description:** Curiosity might be thought of as a desire to know or learn more, and may help us to discover new things. Join us to explore how curiosity might be beneficial for our mental health, and how we can cultivate curiosity within our lives.

### Summary of discussion:

- What curiosity you might look like and when it might come up each of us
  - Being inquisitive about something and wanting to know more about what it is
  - Being able to learn more about a particular topic or having the inclination to want to know more.
  - Being interested in something and wanting to know more.
  - Child-like curiosity, things that spark or peak our interest, things that we just want to know more about in general!
- The benefits curiosity may have on our mental health and how we might be able to nurture it
  - Opens us up to more possibilities
  - Expands our knowledge on current and future topics
  - See things from a different perspective
  - Give us more drive and purpose
- Why curiosity might be contagious
  - Curiosity can be contagious because of the way it can make us feel - sometimes it can peak interest in others around us too!
  - Energy and enthusiasm can be very contagious

### Discussion questions

**Q1: What do you think of curiosity as? What does it mean to be curious?**

**Q2: When might curiosity come up for you?**

**Q3: What does an experience of curiosity look like for you? How might it feel?**

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**Q4: What are the benefits of curiosity?**

**Q5: What's something that has sparked your curiosity recently? How could you nurture that curiosity more?**

**Q6: What might curiosity teach us?**

**Q7: How might curiosity be contagious?**

## Resources

These are the resources that were shared during the session:

1. Therapist reacts to WALL-E: <https://www.youtube.com/watch?app=desktop&v=2MGmZJ4C8gs>
2. Getting Curious Podcast: <https://podcasts.apple.com/au/podcast/getting-curious-with-jonathan-van-ness/id1068563276>
3. Let Curiosity Lead: <https://www.youtube.com/watch?v=5xBpkc7-w3A>

**Continue the discussion over on the SANE Forums by following this link!**

<https://saneforums.org/t5/Social-Spaces/Re-Peer-Group-Chat-Contagious-With-Our-Curiosity-Thursday-1st/m-p/1407412/highlight/true#M363580>

## Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email [feedback@sane.org](mailto:feedback@sane.org).