

If you're a worrier, you know there are all kinds of things that can cause that mental anguish—not least of all, worrying about how much time you spend worrying! A recent study, to be published in an upcoming issue of the journal *Personality and Individual Differences*, looked at the overlap between worrying, depression, and different forms of intelligence. When it came to picking apart and comprehending verbal information, the worriers tended to kick butt compared to the Pollyannas. But rest assured, there are also some science-backed benefits associated with an anxious mind. For one thing, worrying may mean your brain is better at analyzing and breaking down language-based information.