

Savoring: Positive Psychology

Savoring the moment is simple in concept. It means to fully appreciate whatever we're experiencing. It also means we must *slow down* and be aware of it when it's happening.

Anything you like can be savored. In positive psychology, one component of well-being is accomplishment and one way to increase feelings of accomplishment is to savor them. But you can also savor any moments, even common and ordinary moments like the first colorful day of autumn, the taste of a favorite dessert, or the silly behavior of the family pet.

Think of these four words when savoring:

- Basking - "bask" in the physical pleasure of the experience
- Marveling - "marvel" at the wonder of the beauty before you
- Luxuriating - "luxuriate" in something desirable but not necessary - the sweetness of the dessert.
- Thanksgiving - "thanksgiving" for what you are offered or experiencing

Next try these methods to increase your savoring experience:

- ☑ Sharing - call attention to the experience as it happens and invite other people to participate in it.
- ☑ Memory building - capture a mental image of the moment of your accomplishment and the feeling you have so that you can later reminisce about what happened.
- ☑ Sharpen - focus your perception on specifics such as the exact texture of the beach sand or the quirky way the breeze is whirling the colorful leaves across the lawn.
- ☑ Mindfulness - Become fully absorbed in the present experience. Don't allow your mind to be distracted by other things such as comparing the current event to how you had hoped it would be or by jumping ahead in anticipation of what
- ☑ Self-congratulation - Sometimes a little appreciation can go a long way. Don't take for granted any accomplishment or successful use of your skills. Take pride in what happened, and pat yourself on the back for a job well done.
- ☑ Avoid Kill-joy thinking - Be careful not to take for granted the positive experiences in life. It can be easy to compare our situation to others and always want more. This type of thinking, called "Kill-joy thinking," is when we start considering how the current experience is not as good as it could be.

Practice savoring in the big and small moments of your life. Record your experiences in your well being journal.