



savoring

Savoring is intentionally slowing down, focusing in and keeping enjoyment of the good stuff in life at the forefront of our minds.

Savoring has many benefits including:

- **bolsters happiness**
- **boosts self-esteem**
- **protects against mental illness.**

Mindfulness of our senses (touch, sound, taste, feelings) helps us savor the present, remember the past and imagine future enjoyments in vivid, joyful detail.

Allow yourself to savor. Be where you are and nowhere else!



Ways to Practice

remembering the details of a happy moment or event this past month

telling another person about something you enjoy/enjoyed and why

eating a meal slowly without distraction

writing yourself a congratulatory note describing a recent accomplishment

going for a walk without distraction and using at least 3 of your senses to notice what is around you

taking a real or mental photograph of a moment that gave you pause this past week

looking at a past photo(s) of a moment that was special for you

thinking about a future event, activity or moment that you are looking forward to