

## Savoring: 'Enjoying the Positive Experiences in the Present'

Learning to "savor the moment" in life is a convenient, free, and effective way to increase your happiness and quality of life, and reduce stress. Enjoying what you have can help you to appreciate what you've got rather than lamenting what you don't have and creating stress by striving for too much. Being able to savor the moment with loved ones can bring a stronger connection and sense of appreciation, which leads to better quality relationships, and all the benefits of social support that they bring.

These are 6 ways in which 'savoring' can help you to become happier:

1. **Focus on details.** Sometimes as we go through life, we forget to stop and enjoy the little things; indeed, it's possible to go through an entire day either stuck in your ruminations about the past or anxiety over the future, never really seizing the moment and noticing the pleasant things that are happening right now. As you savor the moment, notice the little things that can make a day special — the smile of a friend, the kindness of a stranger, the beauty of a sunset.
2. **Focus on sensations.** As you're experiencing your day, notice and memorize the details — especially the positive details — of what's going on around you. Create a memory. Notice the sounds you hear, like the sound of children's laughter in the background. Notice the smells, like the scent of a fresh sea breeze. And how did that wind feel on your face? Noticing these types of sensory details helps you live fully in the moment, and can help evoke pleasant memories when you hear music, smell aromas, or feel sensations you experience on the days that you want to savor.
3. **Focus on the positive.** As humans, we're naturally wired to notice the negative events in life more than the positive, as these are what we need to keep track of to maintain our safety: if we're aware of threats around us, we're more able to launch a defense. However, if we actively work to focus on the positive, we can stress less and enjoy life more from an increasingly optimistic vantage point. To savor the moment, notice what's going right, and appreciate it. This isn't the same as pretending you're happy when you're not; it's more about noticing the things that lead to greater happiness and reduced stress.
4. **Bring back memories.** Savoring is easier done together. It helps to share positive experiences with others. Together you can also bring back good memories of things you did in the past. You can revisit a place where you had good times. You can look at photos, or sing along with songs that remind you of past times.

5. **Do what you enjoy.** Life is meant to be enjoyed and savored as it's lived. If you find yourself dreading Mondays or going through a full day (or week!) without experiencing anything you want to savor, be sure you add activities into your schedule that you enjoy and savor them as you're doing them. You may feel you don't have time for fun, but consider how much extra energy and motivation you'll get from pursuing hobbies and how that energy might help you with your regular responsibilities, and you may find a way to reset your priorities.
6. **Celebrate good news.** When you share your successes with others, it really helps you to experience positive feelings. Try to celebrate to the fullest. Let other people join in on the fun, be proud, give yourself a pat on the back, and do the same for your partner, best friend or cousin.