SAVORING



15-30 second practice to calm your nervous system and help you notice, appreciate, and fully absorb small moments of joy throughout your day

PURPOSE:

- Counteract the negativity bias
- Reduce stress + promote positive emotions
- Train your brain to amplify the good

HOW TO:

1️⃣ **Pause:** recognize that a pleasant moment is happening and slow down

2️⃣ **Observe:** notice what is pleasant about your experience

3️⃣ **Choose:** singletask and give your full attention to the pleasant moment for 15-30 seconds to truly enjoy it and soak it in *(use all of your senses!)*

INTEGRATION TIPS:

- 📝 Put a "SAVOR" sticky note where you'll see it (e.g. on your coffee maker)
- 🔗 Link savoring to reliably pleasant moments in your daily routine
- 👥 Buddy up with a colleague or an "accountabillibuddy" and report a few pleasant moments to each other weekly (the more you share, the more they'll be on your radar!)