

Savoring Strategies

Savoring is the capacity to “attend to, appreciate, and enhance the positive experiences in [our] lives” (Bryant & Veroff, 2007, p. 2). According to Morrish and colleagues (2018), this can be accomplished by “anticipating future enjoyment, attending to current enjoyment, or recalling past enjoyment”, with the intention of improving positive emotions and meaning (p. 1546). Though it is similar to mindfulness in that savoring encourages one to be present, savoring emphasizes the positive, such as how one might want to savor a particularly delicious meal. Savoring encourages one to fully enjoy and immerse themselves in a positive moment. The strategies in this section will assist you and your students in developing savoring skills to improve their sense of meaning and happiness.

References:

Bryant, F.B. & Veroff, J. (2007). *Savoring: A new model of positive experience*. Psychology Press.
<https://doi.org/10.4324/9781315088426>

Morrish, L., Rickard, N., Chin, T.C. & Vella-Brodrick, D.A. (2018). Emotion regulation in adolescent wellbeing and positive education. *Journal of Happiness Studies*, 19, 1543-1564. <https://doi.org/10.1007/s10902-017-9881-y>

Taking in the Good (HEAL)
Mental Time Travel



This content is provided to you freely by EdTech Books.

Access it online or download it at

https://edtechbooks.org/addressing_wellbeing/savoring_strategies.

