

Savoring

[Savoring](#) is the practice of **noticing, appreciating, and enhancing positive experiences**.

Savoring [increases positive emotions](#), [improves resilience](#), and is linked to [better psychological health](#).

There are many ways to practice savoring. For example:

- Savor the past
 - Think about a happy memory or a funny moment. Smile and laugh about it again.
 - Write about positive experiences from the past week—good things that happened, an act of kindness you did, or a goal you achieved.
- Savor the present
 - Go for a walk and try to notice as many positive things as you can.
 - Use different senses. Close your eyes while you listen to music. Feel and appreciate the warm sun. Take time to enjoy the smells, flavors, and textures of a good meal.
- Savor the future
 - Visualize 3 positive things that are likely to happen tomorrow.
 - Tell a friend about something you are looking forward to doing this weekend.