

Introduction to Savoring

The word “Savoring” usually means tasting or smelling something good, and taking the time to really enjoy how pleasant it is. It means really taking the time to think about its taste, its smell, its temperature (hot, cold?), texture (crunchy, soft, or sticky?), and so on.

You can also savor memories of times when you have felt good or happy. When you do this, you often feel good all over again. Savoring memories works best when you try and remember everything about it—where and when it happened, who you were with, how it felt, and so on.

On the next page let’s practice savoring good memories to see how it feels for you.



6 Steps to Savoring

1. First, rate your mood right now using the 7 point scale below (circle the number that best reflects how you feel):

1	2	3	4	5	6	7
Extremely Sad		Average mood			Extremely Happy	

2. Make a short list of good times you have had recently. These can include favorite activities, favorite places you've visited, good times you've shared with friends or family, successes in your life, or even your happiest moment.

- a. _____
 b. _____
 c. _____

3. Now, pick one of the good times from the list above. Try to picture it in your mind.
 4. Describe the good time as you picture it in your mind.

<i>Where were you? What was happening? Do you remember sounds, colors, smells?</i>	
<i>Describe the good feelings that you felt: happy, proud, satisfied, joyful, loved, generous? Did you feel any other good feelings?</i>	
<i>What thoughts were going through your head when you were feeling good?</i>	
<i>How did you help to make this good time happen? Did you set it up, or help make it happen?</i>	
<i>Imagine that this good time might lead to more good times in the future that feel just as good, or better! Write about what you imagine could happen in the future.</i>	

5. Now that you've created a story about your good time, read through it again. Finally, close your eyes and savor your good time by replaying your story in your mind.
 6. After you're done savoring, circle the number below that best fits your mood now:

1	2	3	4	5	6	7
Extremely Sad		Average mood			Extremely Happy	

Has your mood changed with Savoring? How?

Using Savoring in Your Life

In what situations do you think savoring would help you most?

- With you mood?
- With your sleep?
- To deal with worrying?

Practice Moving in and out of Savoring

You may wish to use savoring to help you relax, calm down, and get ready for sleep. However, at the end of a busy day it may be difficult to “shift gears” and let go of the concerns and worries that have built up. This is a chance to practice shifting back and forth easily from worrying to savoring. Practicing now is important because it will make it easier to use savoring when you need it most in the future—when may be tired, worried, or upset.

1. **Worrying**. Think of a situation that is concerning to you, that you may worry about a lot. It might be related to friends, school, family, job, health concerns, or anything else. Think about this for 2 minutes straight.

After you're done worrying, circle the number below that best fits your mood now:

1	2	3	4	5	6	7
Extremely Sad or Nervous		Average mood		Extremely Happy or Relaxed		

2. **Savoring**. Now, start savoring one of the happy memories you listed on the previous page. Remember to think about all the sensations, who was there, how you felt, and so on.

After you're done savoring, circle the number below that best fits your mood now:

1	2	3	4	5	6	7
Extremely Sad or Nervous		Average mood		Extremely Happy or Relaxed		