

SAVORING

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THE PSYCHOLOGY OF SAVORING

see SAVORING: A NEW MODEL OF POSITIVE EXPERIENCE BY FRED BRYANT

sketchnote by @haypsych
Hayley Lewis

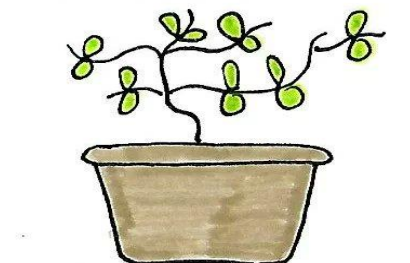


Behavioural displays

THIS IS ABOUT SHOWING HAPPINESS THROUGH OUR BEHAVIOUR, SUCH AS SMILING.

Share your positive feelings with others






Shout it from the rooftops! Laugh out loud, jump for joy, sing, dance



Being Present

THIS IS ABOUT LIVING IN THE MOMENT, FOCUSING ON THE POSITIVE EXPERIENCE AS IT HAPPENS.

get in touch with your senses. Try the 5, 4, 3, 2, 1 method:

-  **LOOK** around for 5 things you can see + say them out loud
-  pay attention to your body + think of 4 things you can **FEEL** + say them out loud
-  **LISTEN** for 3 sounds + say them out loud
-  say 2 things you can **SMELL**
-  say 1 thing you can **TASTE**



Capitalising

THIS IS ABOUT COMMUNICATING ABOUT A POSITIVE EXPERIENCE WITH OTHERS, SUCH AS CELEBRATING AN EVENT.

congratulate yourself

practice gratitude, saying "thank you" out loud



Positive mental time-travel

THIS IS ABOUT REFLECTING ON HAPPY MEMORIES AND INCLUDES ANTICIPATING POSITIVE FUTURE EVENTS.

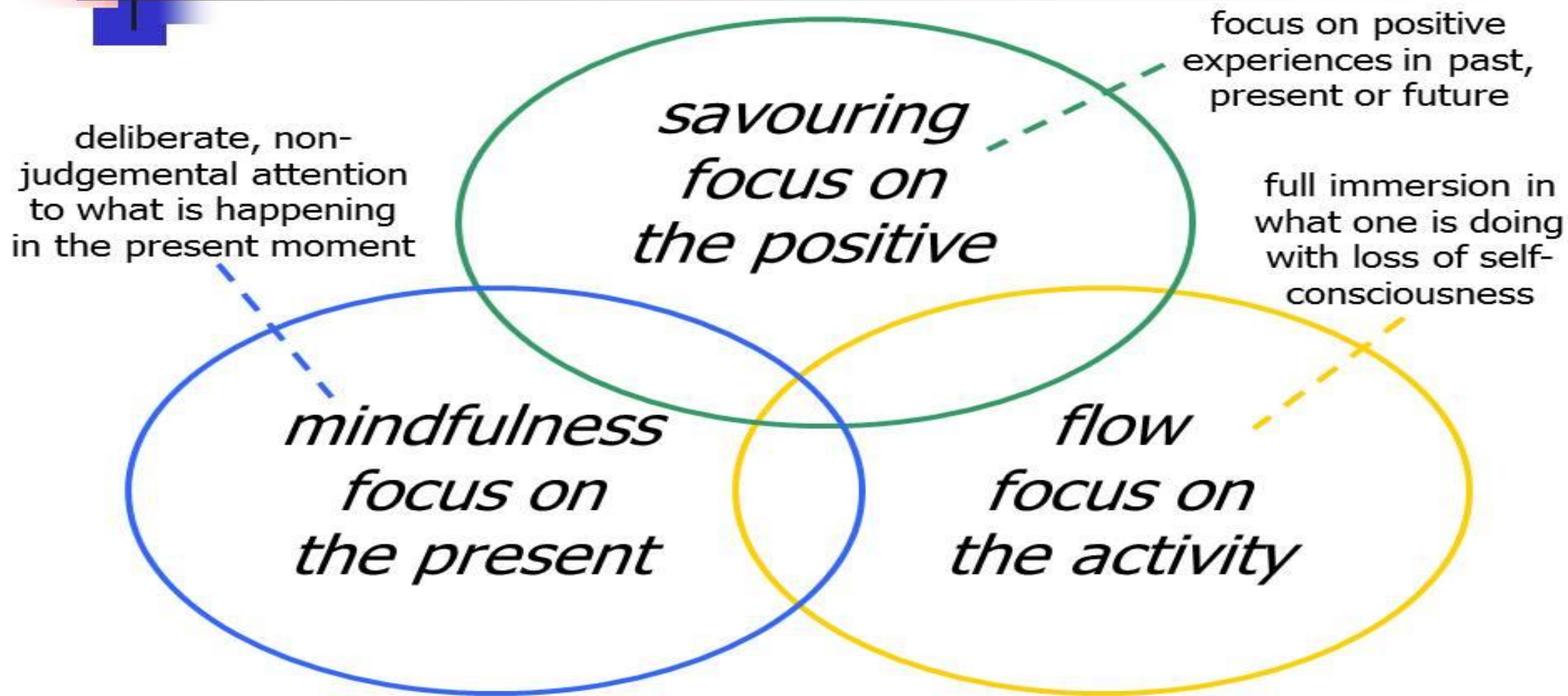
take a mental photograph



compare positive experiences with negative ones to give you a reference point



savouring, mindfulness & flow



Savoring Positive Emotion

Whether it's savoring that last bite of dessert or carrying the enjoyment of an activity with friends or family, prolonging positive emotion and having a positive outlook have been shown to improve psychological well-being.

Rebounding from Negative Emotion

Resilience, or how quickly a person recovers from adversity, can result in a person experiencing less negative emotion overall. People with a greater purpose in life show increased resilience and greater well-being

4 Neuroscientific Parts of Well-being

Evidence suggests mental training in these areas can improve well-being

When people are really focused on what they're doing, and their minds are not wandering, they actually feel better about themselves. Mindfulness -- being in the present moment -- can lessen our tendency to want and desire things we don't have.

Mindfulness and Mind-Wandering

Engaging in acts of generosity is an effective strategy to increase well-being. Compassion training primes our empathy response, and engage in pro-social behavior.

Caring for Others



Savor the Flavor!

focus of attention

*cognitive
reflection*
(thinking)

Thanksgiving
(gratitude)

internal self
(within yourself)

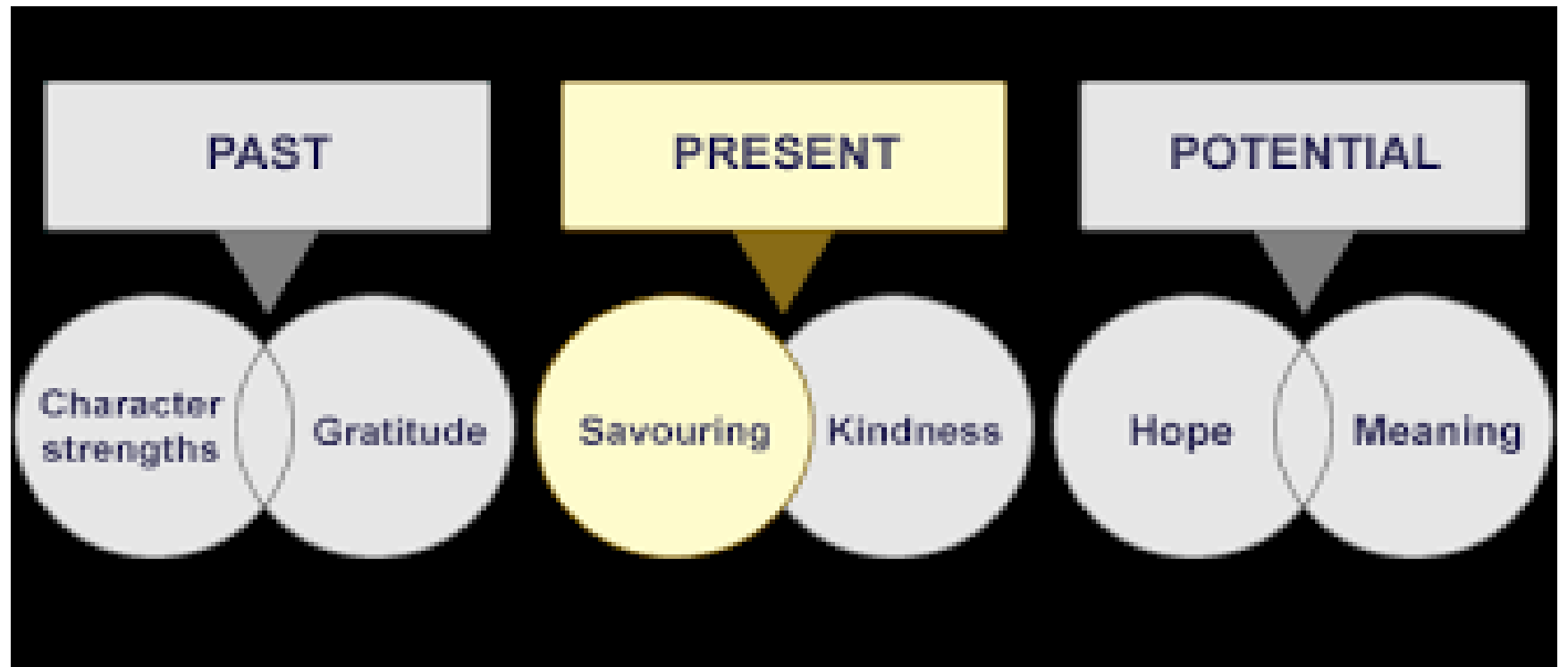
Basking
(pride)

*experiential
absorption*
(feeling)

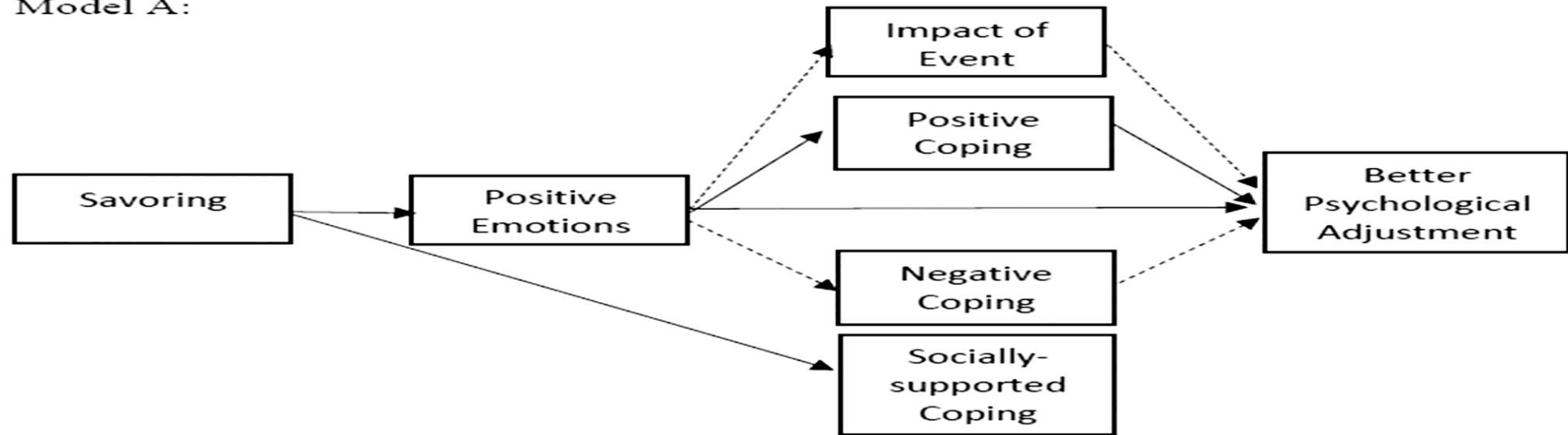
Marveling
(awe)

Luxurating
(physical pleasure)

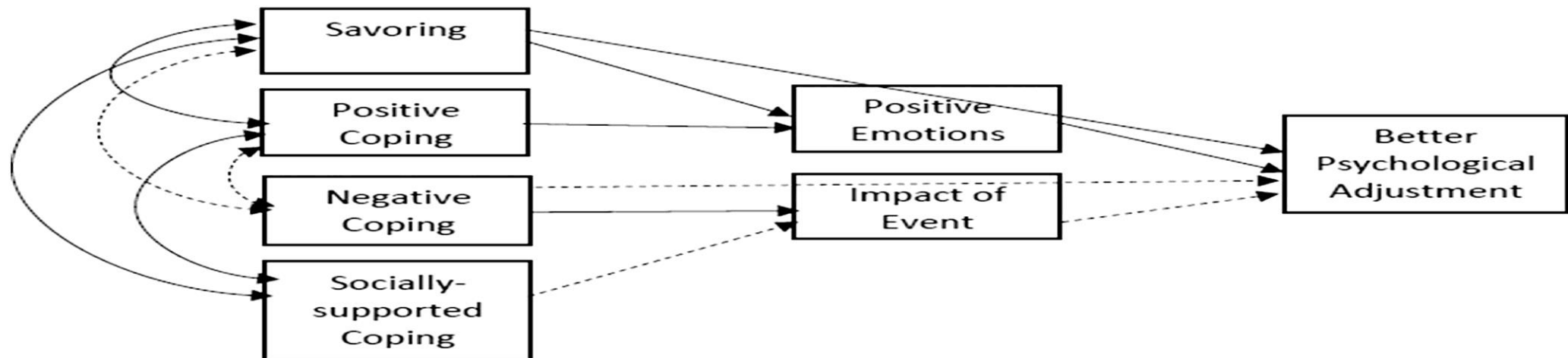
- Savoring is defined as “the capacity to attend to, appreciate, and enhance the positive experiences in one’s life (Bryant, 2021).”



Model A:



Model B:



- [Martin Seligman](#), American psychologist and one of the most avid supporters of the field of positive psychology, has posited that savoring strategies can be used in therapeutic settings.^[14] Supporting this position, research has found that savoring strategies have been found to help people build stronger relationships, improve their mental and physical health,



- Fred Bryant, a social psychologist at Loyola University Chicago, is considered to be the father of savoring research.^[1] He introduced the concept of savoring as being mindfully engaged and aware of one's feelings during positive events.



- Fredrickson's research also finds that they improve psychological resiliency, emotional well-being, counteract negative emotions, and broaden thought and action capabilities.



- Jose, Lim, and Bryant (2012) distinguish between two types of savoring: trait and state-based savoring.^[5] Trait-based savoring has been shown to be a more stable, generalized disposition to savor events in one's daily life while state-based savoring is a momentary episode of savoring behavior.



- Ramsey & Gentzler (2014) found that savoring can play an indirect role in subjective well-being across ages as savoring was reported to be greater for younger participants who perceived that they had more time left in their lives.[\[7\]](#)



- Savoring allows us to keep hold of these experiences, to know ourselves as full human beings capable of both [grief](#) and [happiness](#).



- Bryant and Veroff (2007) define savoring as attending, appreciating, and enhancing positive experiences that occur in one's life.



- Think about—and try to re-create—the positive emotions that you felt around the time of the event. As you are savoring, let your thoughts wander to anything else about the happy experience that makes you feel good. Then, just mentally hold on to whatever feels good.





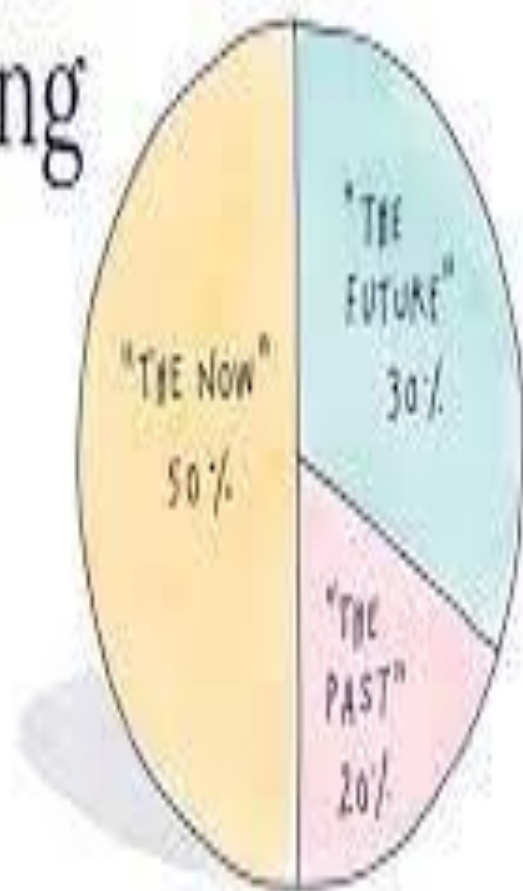
• Savouring



Savoring: Types



The Life-Savoring Pie



SAVOURING:

Focusing on specific feeling

Showing the positive emotion

Congratulating yourself

Counting your blessings

Taking mental pictures

Sharing with others

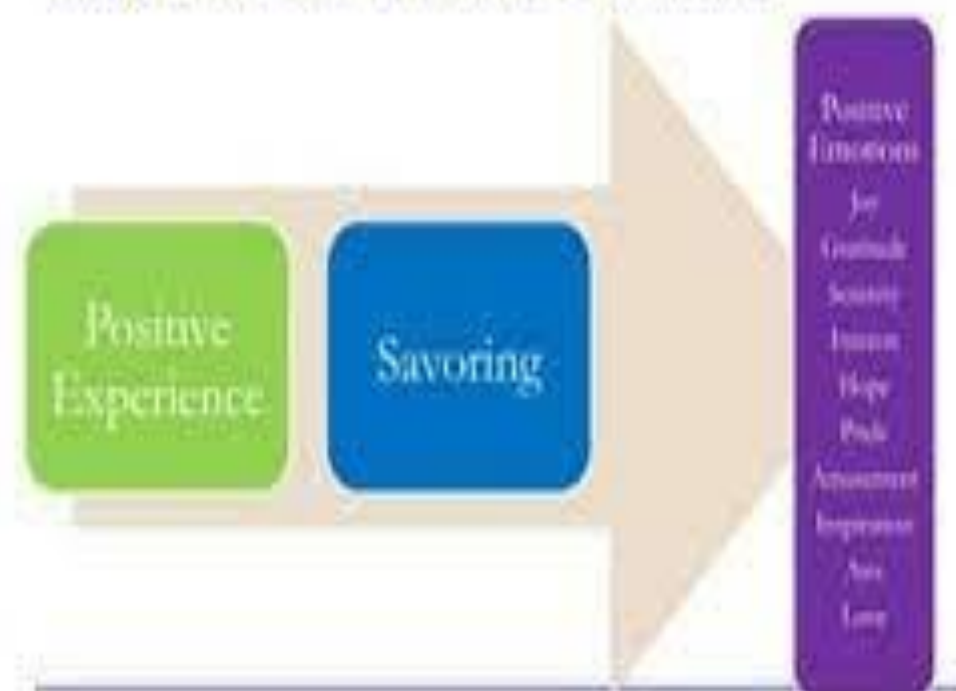
Being completely absorbed

"The capacity to attend to, appreciate and savor the positive experiences in one's life"

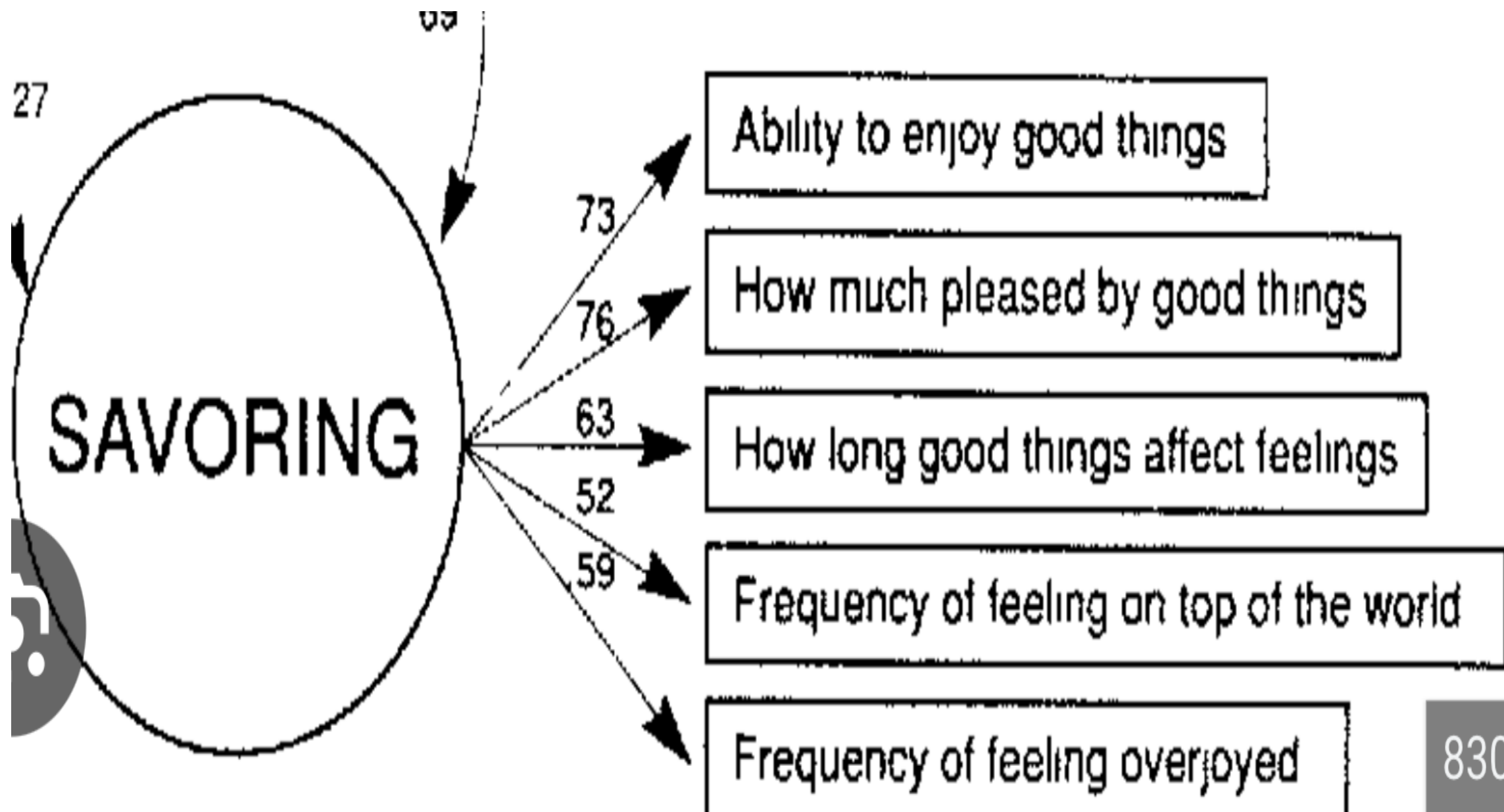
Barry R. Schervish



Savoring helps you move from Positive Experience to Positive Emotion



From MAPP Class 30 April 2013 John Schaberg PhD. Used with permission



- Sharing your good feelings with others
- Taking a mental photograph by being acutely aware in the moment with intentions on recalling the mental photograph later
- Sharpening your sensory perceptions by being attentive to the present moment
- Comparing the outcome to something worse
- Getting absorbed in the moment
- Counting your blessings (giving thanks)
- Avoid "killjoy" thinking by looking on the bright side
- Behaviorally communicating positivity to others via positive facial expressions
- Limiting "time is too fleeting" perception



7 Ways To Savor Positive Emotions

Savoring is the Practice of Noticing and Deepening Feeling of Happiness, Joy and Connection.

It Leads to More Frequent and Greater Feelings of Well Being

Go Back in Time

Remember positive memories and meaningful moments



Deepen The Moment

Intentionally allow yourself to sink deeper into positive emotions



Take A Snapshot

Take a picture of the moment or just mentally capture it



Share It!

Tell other people about your feelings of happiness, joy and connection



Celebrate

Acknowledge and honor good things in your life- big and small!



Journal About It

Write about your positive feelings to deepen them



Visualize

Imagine feeling fulfilled and happy in things you are looking forward to

How to experience



SAVORING



- Make a list of what gives you pleasure



- Choose an experience from your list and anticipate it



- Savor the experience. Gently acknowledge any dampening thoughts and try to set them aside.



- Take a mental snapshot of the experience




- Share your experience with a friend. Pull out that mental snapshot and describe it to someone you care about.



SAVORING EVERYDAY EXPERIENCES

- Savoring meals
- Savoring through photos
- Savoring music
- Savoring a walk or a drive
- Savoring simple chores and tasks
- Savor time with a person you love






Savor the moment...

Thank

GoalGuru.com



Taking pictures is savoring
life intensely, every
hundredth of a second.

Marc Riboud

quotefancy