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# Savoring

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## Background

Savoring involves attending to and appreciating our experiences, especially positive experiences. Savoring can facilitate well-being by amplifying experiences. Savoring often involves experiences in the present. We can also savor experiences from the past and experiences we anticipate for the future.

We can savor experiences in a variety of ways, for example, by:

- Slowing down, making time to notice and appreciate an experience
- Paying mindful attention
- Basking in an experience

Fred Bryant and Joseph Veroff (2007) describe several different emotional states that are associated with savoring. They suggest that emotional experiences vary depending on whether savoring involve primarily cognitive reflection versus experiential absorption and whether one's attention is primarily internally versus externally focused.

## Emotional Experiences in Savoring (Bryant & Veroff, 2007)

		Focus of Attention	
		External World	Internal Self
<b>Type of Experience</b>	<b>Cognitive Reflection</b>	<i>Thanksgiving</i>  <i>Example: Feeling grateful for something that someone has done for you, for others, or for humanity.</i>	<i>Basking</i>  <i>Example: Feeling deeply satisfied with an accomplishment.</i>
	<b>Experiential Absorption</b>	<i>Marveling</i>  <i>Example: Feeling awe as you watch a meteor shower.</i>	<i>Luxuriating</i>  <i>Example: Enjoying the warmth of the sun on your face and the sound of bird's singing as you walk through a meadow.</i>

### Activities

- 1) Take time to savor experiences such as:
  - A favorite food or a new food
  - Listening to music
  - A walk through the woods
  - A conversation with a friend
  - A memory of a special event
  - An everyday experience; take time to enjoy something you usually hurry through
  - Share a positive experience with a friend
- 2) Try to experience a broad range of savoring emotions. See if you can experience the four quadrants of experience in Bryant & Veroff's model.

## References and Further Reading

Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Mahwah, NJ, USA: Lawrence Erlbaum.

## Web Resources

The Greater Good Science Center has several articles and activities on savoring.

- Websites: [greatergood.berkeley.edu](http://greatergood.berkeley.edu) and [ggia.berkeley.edu](http://ggia.berkeley.edu)
- Search for: Savoring
- Examples:
  - Kennelly, S. (2012). 10 steps to savoring the good things in life
  - Savoring Walk

### Prevention Magazine

- Website: [Prevention.com](http://Prevention.com)
- Search for: Savoring
- Article:
  - Harrar, S. (2013). How to double your happiness: New research says “savoring” is the key

### Huffington Post

- Website: [huffingtonpost.com](http://huffingtonpost.com)
- Search for: Savoring
- Article:
  - Lin, M. (2012). Happiness: Why savoring is good for your health – and your wallet