

Savouring Exercise

One way to relax is to do something that you like, and take time to savour it. What do you enjoy the most? A scoop of ice-cream? A piece of music? A warm shower? A cup of tea or coffee?

Most of the time, we “just do” the activities we enjoy. We have forgotten to experience the “enjoyment” we get from the process. We may long crave for a particular food, but cannot tell what exactly is attracting us and say why we want it so much. Or when we are doing our enjoyable activities, we may be distracted by other things, such as WhatsApp, Facebook, emails, or even our own thoughts.

In positive psychology, “savouring” is a way to maximize positive experiences, an attitude that can help us to be more attentive and to be engaged in the positive moments. We can consciously focus on our senses, commit ourselves wholeheartedly to the present moment, thereby making the experience more enjoyable, and allowing the positive experience to last¹. You will find every detail, such as the coffee’s aroma and temperature, the blue sky and white clouds outside your window, the sounds made of rain drops against the window, the feeling when you pet your cat, the relaxing feeling of your muscles when you are being massaged, or the happiness in your heart when talking with others etc., is full of enjoyment and builds up your positive emotions.

Apart from practicing savouring by enjoying a drink, you can come up with your own pleasant activities and choose one of the senses to focus on. In the process, it could be the sense of sight, hearing, taste, smell, touch, bodily sensations or emotions, to fully experience pleasant moments.

Reference:

¹ Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Lawrence Erlbaum Associates Publishers.