There is no doubt about it, life at Dartmouth can move pretty quickly. From the daily rushing around to multitasking—hours, days, & weeks can slip by with little notice of the pleasurable things in life.

Paying attention to the good in life, aka **SAVORING**, is connected to higher levels of **happiness** & **joy**, increased resilience to stress & worry, and even a stronger immune system.

**Prioritize daily savoring in your life with these tips:**

### Savor Now

**First things first, you gotta NOTICE you’re enjoying the moment.** Maybe it’s the taste of gelato, or recalling that laugh sesh you had with your friends, or maybe getting psyched about summer plans.

**Let it sink in.** Attend to that feeling of joy or pleasure and give yourself some time to absorb the sensations of it.

**Appreciate & reflect on it.** Give thanks for this opportunity to connect with joy. What was/is so pleasurable about it? Be sure to bring it to mind again later.

### Savor Boost

**Tell it!** Just landed an internship you wanted? Had a blast the night before? Prolong those positive feelings by sharing it with someone you care about. You may even boost their happiness!

**Congratulate yourself.** Hiked Gale? Made it to all of your classes this week? Revel in your successes by attending to the joy of it. Let it sink in.

**Express yourself.** Loving that smoothie? Helping a friend? Feeling a warm breeze? Smiling, laughing, singing and sighing out loud all help boost positivity and happiness.

**Recall the awe.** Spend a few moments delighting in a past experience that brought you happiness. Who was there? What were the sights and sensations? Bask in the details of it all.

### Create Experiences Worth Savoring

**Anticipate the great.** Spring and summer are on the way with lots to savor from special events to longer, warmer days.

**Think about the experience you want to have.** Is it connecting with others? Being open to new things? Staying true to yourself?

**Keep these intentions in mind** as you head into upcoming events and savor them as they arise.

**Savor de-booster:** Kill joy thoughts never help! Telling yourself it’s no big deal, or that it is meaningless takes away the benefits and pleasure of savoring.

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