

Tap into Your Joy and Happiness

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 Gile? 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-boosters:

Killjoy thoughts never help! Telling yourself it's no big deal, or that it is meaningless takes away the benefits and pleasure of savoring.

