

Savouring – cherish the moment

Anticipatory Savoring Looking forward to positive experiences before they occur, mentally rehearsing and building excitement for future pleasures.

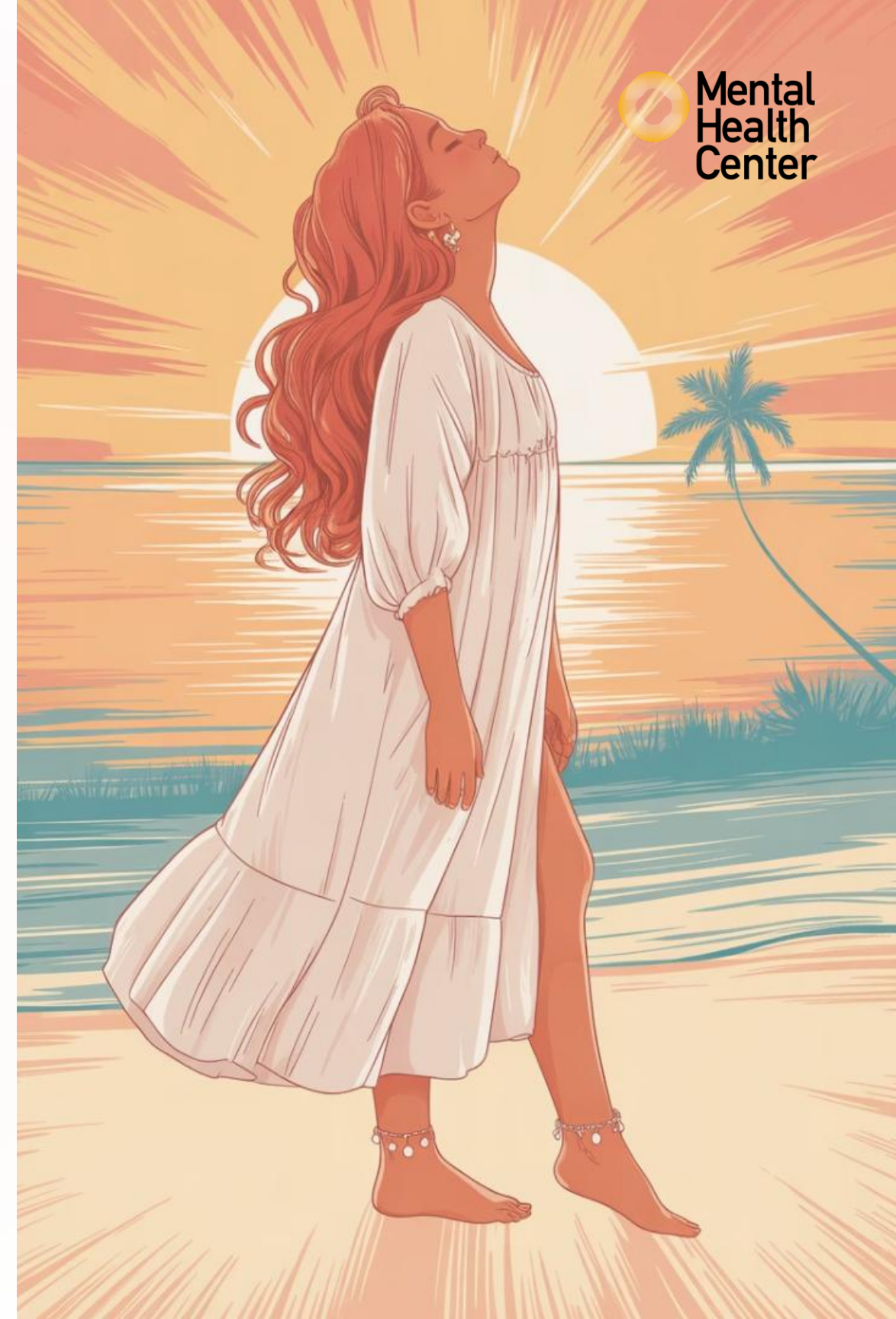
Present-Moment Savoring Fully engaging with current positive experiences, using mindful awareness to enhance and prolong enjoyment in the moment.

Reminiscent Savoring Reflecting on and reliving past positive experiences, sharing memories with others, and creating meaningful narratives from pleasant events.

Sensory Savoring Deliberately focusing on and appreciating sensory details—tastes, smells, sounds, textures, and textures, and sights—to deepen experiential pleasure.



by Małgorzata Wypych



Savouring - instructions

IF YOU DO IT AT LEAST FOR 5-10 SECONDS YOU WILL GENERATE NEW CONNECTIONS IN YOUR BRAIN. YOU WILL REMEMBER THAT MOMENT, YOUR BODY WILL REMEMBER HOW YOU YOU WERE FEELING AND WILL BE ABLE TO REPLAY THAT SENSATION

Think about something good that happened in your life

Begin by recalling a positive experience from your past that brought you joy.

Try to remember details

Focus on the specific elements of the experience, including the environment, people present, and what occurred.

Try to acknowledge how did you feel then (emotions, body sensations)

Connect with the emotions and physical sensations you experienced during that moment.

Give yourself a moment to be in this emotion

Allow yourself to fully immerse in and appreciate these positive feelings.





Loving kindness meditations



Increased positive emotions
emotions

Practice of loving-kindness
meditation leads to greater
increases in positive emotions like
amusement, awe, and gratitude
over the course of the training



Enhanced social connection
connection

More likely to feel more socially
connected over time



Physical benefits
Lower heart rate

Useful link to loving kindness meditation



Metta Meditation: A Complete Guide to Loving-Kindness | Lion'...

Metta Meditation: A Complete Guide to Loving-Kindness Increased compassion for ourselves and others, better relationships, and decreased...

