

Savor PLEASANT MOMENTS



As you move throughout the day, it's very likely that any number of small "pleasant" moments are happening, but when you're on autopilot or consumed by stress, it's all too easy to miss them.

Mindfulness practice helps you consciously pause to savor simple experiences - like sipping a delicious cup of coffee or tea, receiving a kind smile, walking outside and feeling the sun warming your skin, or falling into bed at the end of a long day.

Savoring helps you see the good in your life more clearly and amplifies it. Savoring can slow down your sense of time, bring you a feeling of peace in the present moment, and nourish your sense of contentment. **Savoring also boosts resilience** by helping you develop an inner reservoir of goodness and gratitude that you can draw from when the going gets rough.

As part of this practice, you could say to yourself, "**Aha - this is a pleasant moment!**" - letting yourself be delighted by the discovery and then pausing for 15-20 seconds to really enjoy it and soak it in.

