

## SAVOURING: THE DAILY VACATION ACTIVITY

1. Plan and participate in a formal "daily vacation" during which you spend time doing something you find enjoyable for at least 20 minutes. This activity might be going for a walk, sitting quietly in a garden, reading a book, treating yourself to a cup of coffee, going out to eat, visiting a museum or art gallery, taking a shower or soaking in a bathtub, spending time with a friend, or watching a sunset. Be creative in finding sources of enjoyment that you can look forward to and savour. This exercise works best if you seek a variety of experiences in your daily vacations.
2. Before starting each daily vacation, make sure to set aside worries and concerns, pressing responsibilities, and sources of stress for at least 20 minutes, and do your best to structure the situation so as to prevent distractions while you are savouring. Remind yourself not to be judgmental, but rather to see things as if for the first or last time, and to focus on what is happening and what you are feeling as it unfolds in the present.
3. While you are on your daily vacation, try to notice and explicitly acknowledge to yourself each stimulus or sensation that you find pleasurable. Identify your positive feelings and explicitly label them in your mind. Actively build a memory of the feeling and the stimuli associated with it, close your eyes, swish the feeling around in your mind, and outwardly express the positive feeling in some way.
4. At the end of your daily vacation, plan another daily vacation and begin to look forward to it. At the end of the day, look back on your daily vacation, and recall and rekindle the positive feelings you savoured.
5. Make a few notes on your experience.
6. Before our next session, take a few minutes to recall all of your daily vacations. Look back on the activities you enjoyed doing and try to re-experience the positive feelings you felt during each daily vacation. Compare the way you have felt over the past week and the way you feel right now to the way you usually feel during a typical week. People typically report having felt happier a greater percentage of the time during their week of daily vacations and report feeling happier at the end of the week, compared to the way they usually feel.

Source: BRYANT, F.B. and VEROFF, J. (2007) *Savoring: A new model of Positive experience* Mahwah, NJ:Lawrence Erlbaum Associates