



# Enhancing Positive Emotions with the practice of SAVORING

Anny Benetou

Psychologist/Trainer Msc, Phd



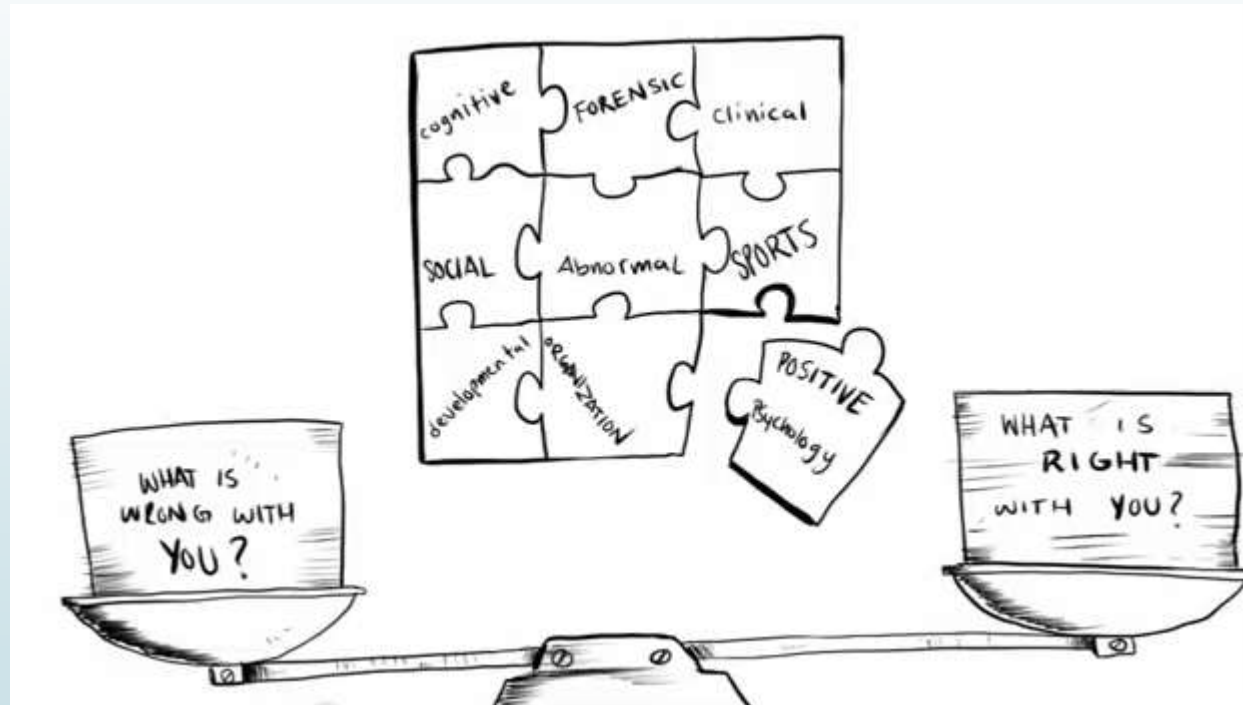
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# What is Positive Psychology?

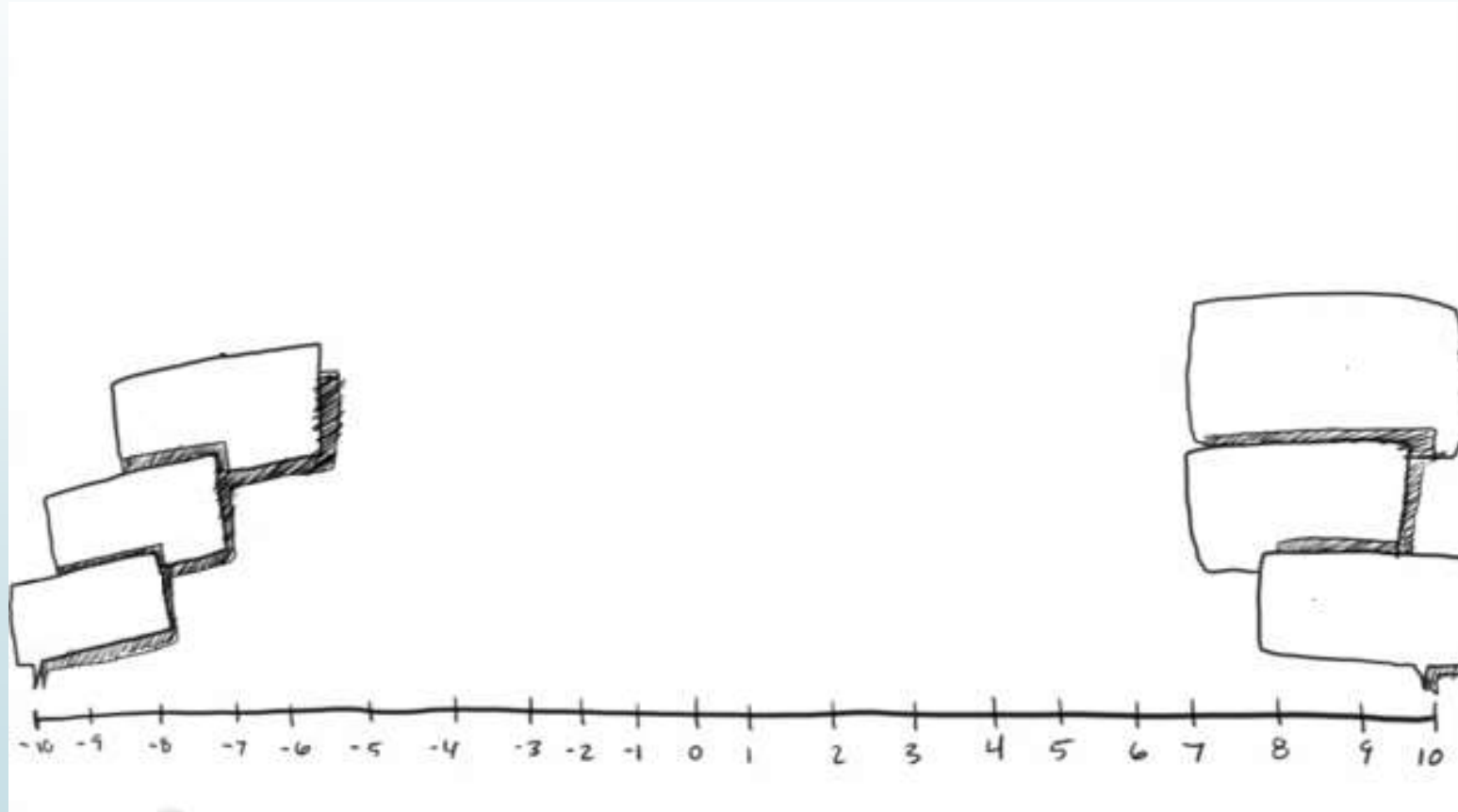


Positive Psychology is **the scientific study of human flourishing, and an applied approach to optimal functioning**. It has also been defined as the study of the strengths and virtues that enable individuals, communities and organisations to thrive.

# What is Positive Psychology?



# What is Positive Psychology?



# Positive Psychology : Fields of Study

Happiness

**Positive Emotions**

Flow

Resilience

Forgiveness

Self – Compassion

Passion

Optimism

Hope

**Savoring**

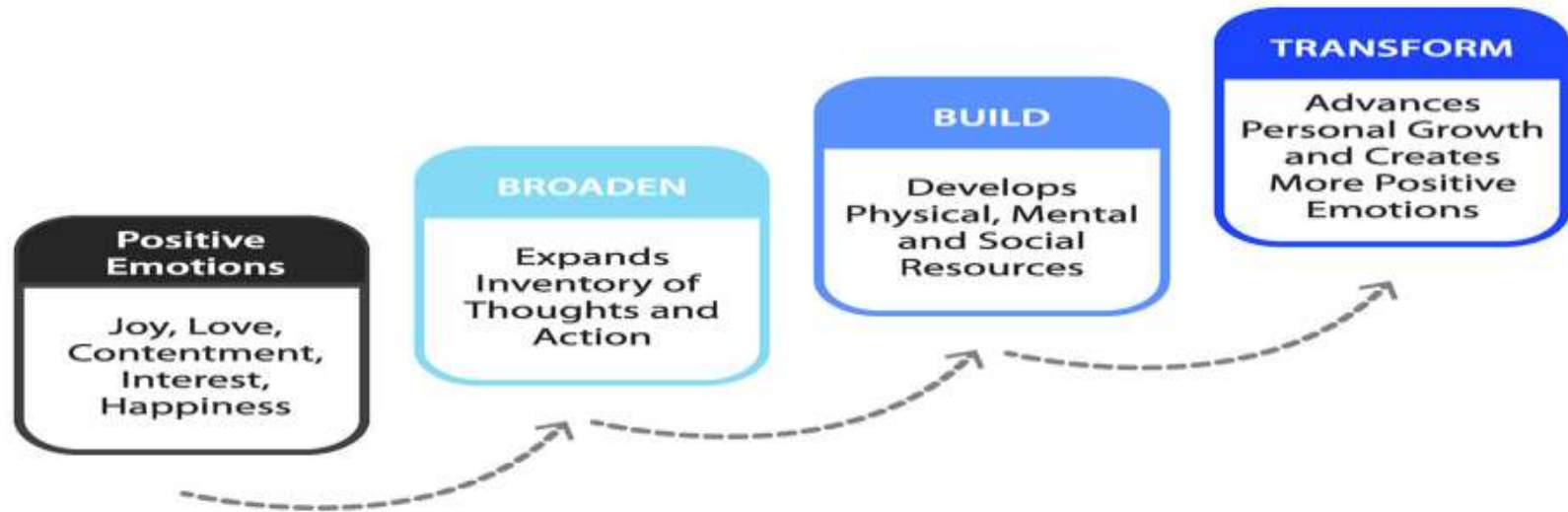
Courage

Positive Organizations

Positive Schools



# The Broaden & Build Theory of Positive Emotions (Fredrickson, 1998, 2000)



# Positive Emotions: 4 Pillars of Benefits





# Positive Emotions/ Self Awareness



## Look at this list of Positive Emotions

- “Visit” each one of them and try to find out when you experience each one of them.
- When
- Where
- With which people
- What activities

**With you partner – in pairs – discuss how you can enhance the experience of positive emotions in your live**

# Savoring: Regulation of Positive Emotions

**Savoring** is the use of thoughts and actions to increase the intensity, duration, and appreciation of positive experiences and emotions.

**Key Words:** Focus, Slow down, Appreciation, Meta - Cognition



# Savoring

- ◆ The positive counterpart of coping
- ◆ As if you contemplate an inner experience
- ◆ Involves a meta – cognitive ability/practice
- ◆ A capacity that can be taught

# Ways of Savoring (Bryant & Veroff, 2007)

- Stop Kill Joy Thinking
- Absorption
- Behavioral Expression
- Sensory – Perceptual Sharpening
- Memory Building
- Share the Positive/Capitalizing
- Self Congratulation
- Count your Blessings
- Positive Comparison
- Temporal Awareness



# Absorption/No Multitasking

(Segal, Williams & Teasdale, 2013)



# Behavioral Expression

Kuhene,Zaehle,Lobmaier, 2021



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# Sensory-perceptual sharpening

(Larsen,2019)





# Memory Building

(Diener, Seligman, Choi, & Oishi, 2018)

*The best thing about*  
**Memories**  
...is making them



# Let's Build positive Memories

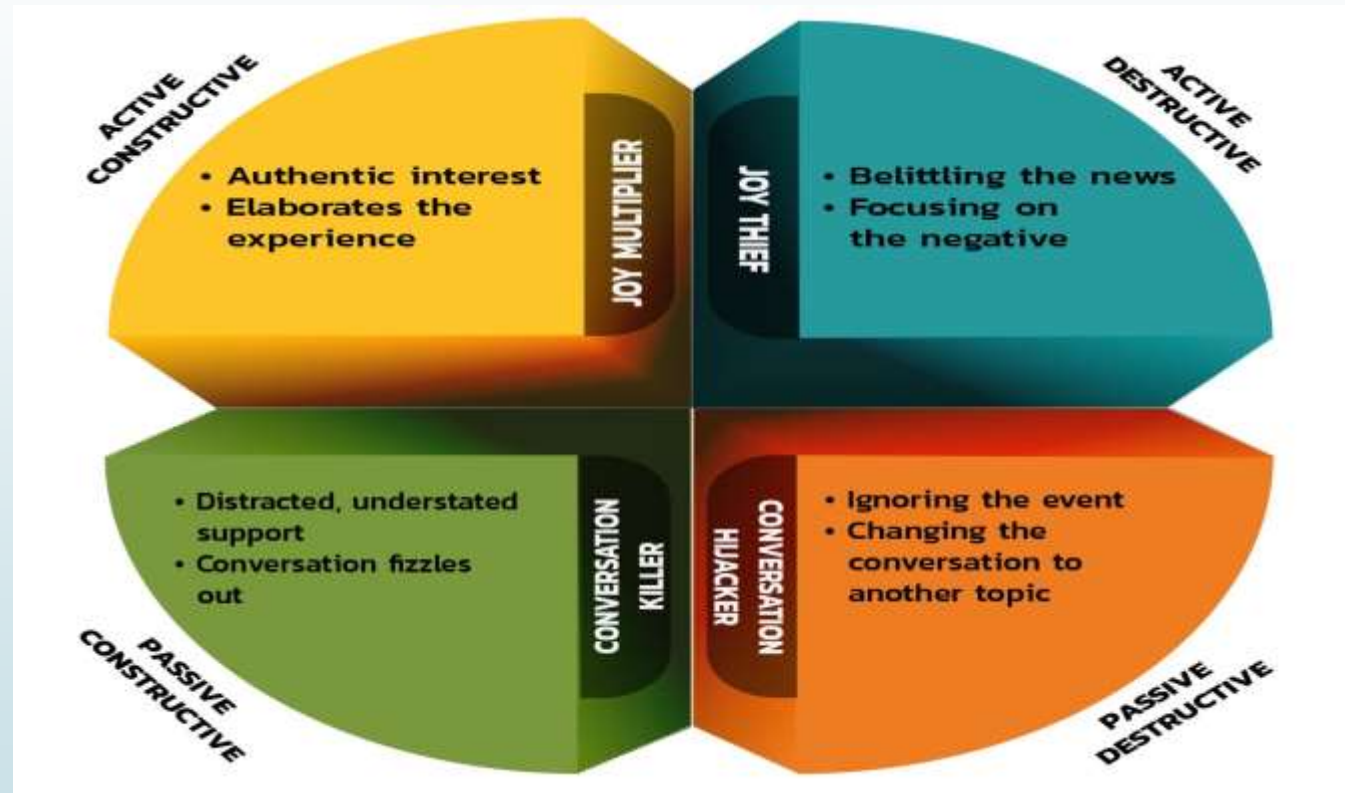
# Capitalizing/Share the Positive

(Gable & Reis, 2010)



# Ways of Responding to Good News

Gable & Reis, 2010



# Self-Congratulation



# Temporal awareness

(Layous, Kurtz, & Chancellor, & Lyubomirsky, 2017).



# Counting blessings

(Fekete & Deichert, 2022)



# (Positive )Comparing





# Movie time...



# Savoring – Key Words

- *Celebration*
- *Ruminate the positive*
- *Slow down*
- *Embellish*
- *Planning*
- *Positive Chain*



# Savoring

## 3 dimensions in Time

- *In the present moment*
- *By reminiscence*
- *By anticipation*



# Savoring... in everyday life

- Celebrate with no reason
- Slow down
- Ruminate all the positive words
- Remember a joke and say it again
- Focus on the senses, the smell, the flowers, the sounds, the taste...
- Look deeply on the smiles
- Allow yourself to act “like a child” and Play



Καλή Αντάμωση!

