

Weekly Wisdom

Grow the Green for You and Your Team



“It always pays to dwell slowly on the beautiful things -- the more beautiful, the more slowly.” -- Atticus

Take a Moment to Savor

It isn't enough to do something that brings you joy. In order to get the most out of a joyful moment, you must savor it. Savoring is the secret sauce.

“More than simply experiencing a positive event, savoring is the mindful appreciation of that positive event.”

The skill of savoring has been linked to increased life satisfaction.

Neuropsychologist Rick Hanson suggests that self-care isn't enough. We must savor those things that bring positive emotions to rewire our brains.

You can practice savoring, and rewiring your brain, all day long.

Take a moment to savor that first sip of coffee or the joy of having a pet.

Savor the smile or kind word of a co-worker. Savor a thank-you from a patient.

Savor the firmness of the ground as you walk.

Savor experiences in the present, memories of the past, or anticipation of the future.