

"The little things? The little moments? They aren't little."

*-Jon Kabat-Zinn*



positivity.project@oregon.gov

# SAVOR LIFE'S JOYS



10 min a day



1 Week



Alone

Fold me

Fold me

## THE WHY

To varying degrees, we've all felt the effects of the coronavirus (COVID-19) pandemic. As we continue to cope with these effects day-by-day and look toward what the next day will bring, the positive activity this month focuses on simply savoring the joys we encounter these days.

Savoring is a mindful focus on the experience of positive events, such as a beautiful sunrise, and their associated outcomes, such as feeling awe. Research shows that brief activities focused on savoring life's joys can increase happiness. Preliminary evidence suggests that savoring joys can be an effective activity for groups keenly affected by the pandemic, such as healthcare workers and older adults.

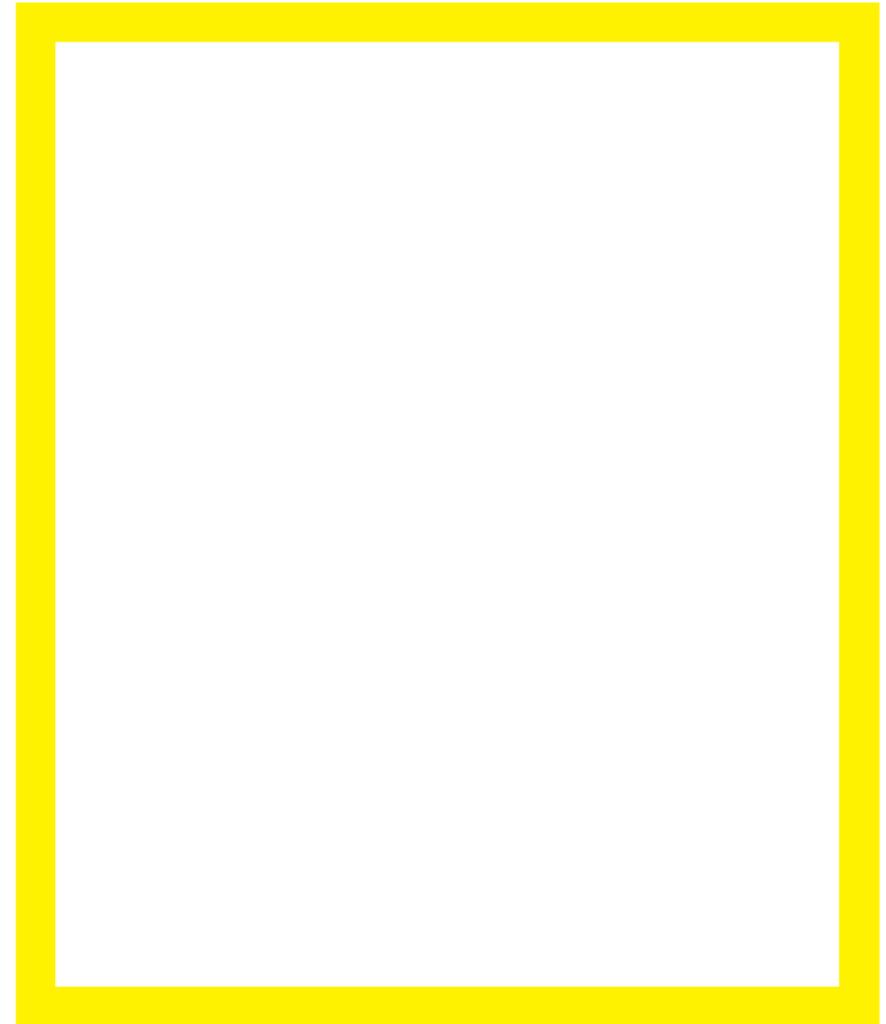
In this positive activity, you will savor life's joys by doing a popular positive activity known as *Three Good Things*.

## HOW TO DO IT

- Reflect on your day. Identify three good things that happened to you.
- Briefly detail what happened and why you think it happened. *For example, if you experienced a beautiful sunrise, then you likely had to wake up relatively early to experience that beauty.*
- Do this activity every day for a week to maximize its effects.

## DO IT

*Use the space below to write down three good things that happened and why you think they happened.*



Jose, P. E., Lim, B. T., & Bryant, F. B. (2012). Does savoring increase happiness? A daily diary study. *The Journal of Positive Psychology, 7*, 176-187. doi: 10.1080/17439760.2012.671345

Proyer, R. T., Gander, F., Wellenzohn, S., & Ruch, W. (2014). Positive psychology interventions in people aged 50–79 years: long-term effects of placebo-controlled online interventions on well-being and depression. *Aging & Mental Health, 18*, 997-1005.

Sexton, J. B., & Adair, K. C. (2019). Forty-five good things: a prospective pilot study of the Three Good Things well-being intervention in the USA for healthcare worker emotional exhaustion, depression, work-life balance and happiness. *BMJ Open, 9*, doi: 10.1136/bmjopen-2018-022695