

Dealing with stress, coping skills, and how to improve mood

Post by “Kalosyni” of March 10, 2025 at 3:00 PM

Another article on savoring, but this one includes savoring relationship moments with friends and family: (and somewhat related to Vatican Sayings 23 & 34):

Excerpt:

Quote

Think of a time when someone did something really nice for you, or you did something really nice for them. Just bringing up that memory probably makes you feel good — about that person, the nice thing that happened and maybe about some other stuff too.

Jessica Borelli, a professor of psychological science at University of California, Irvine, [has developed a technique](#) that focuses on these kinds of memories to help people feel more secure in their relationships. [Relational savoring](#) encourages clients to take a deep dive into these meaningful moments.

[Article: How the science of savoring can help you nurture your relationships](#)