



Savoring Resources

April 2026

“Savoring just means that we attempt to fully feel, enjoy, and extend our positive experiences.”
- Tchiki Davis, Psychology Today

1. Psychology Today: [The Art of Savoring \(Building well-being while living with chronic illness.\)](#)
2. NPR: [How the Science of Savoring Can Help You Nurture Your Relationships](#)
3. Psychology Today: [What is Savoring and Why Is It the Key to Happiness?](#)
4. Creaky Joints: [Six Steps to Finding Joy While Living with a Chronic Illness](#)
5. Psychology Today: [3 Reasons to Make a Reverse Bucket List](#)
6. Mayo Clinic: [Use Mindfulness to Cope with Chronic Pain](#)
7. NPR: Stressed out? (audio and transcript) [These 8 Skills Can Boost Mood and Reduce Anxiety](#)
8. Action for Happiness: [10 Keys to Happier Living](#)
9. NPR Life Kit (podcast and transcript): [Stress-busting Skills to Try in Everyday Life](#)
10. The Health Psychologist: [Alternative to Gratitude Practice with all the Health Benefits for Chronic Illness: Savouring](#)
11. Psychology Today: [5 Exercises to Ease Chronic Pain with Gratitude](#)
12. Kaia Health: [Practicing Gratitude for Pain Management](#)
13. YouTube: [Relax Your Mind from Anywhere with This 3 Minute Guided Meditation](#)
14. Psychology Today: [Life is Hard, Savor Your Joy Anyway](#)
15. YouTube: [4-Minute Guided Mindfulness Meditation](#)