

TAKING A DAILY VACATION



MATERIALS:

- Paper and pen

INSTRUCTIONS:

1. Instruct participants to think of something they enjoy doing (going for a walk, chatting with a friend, taking a bath or watching the sun rise with a cup of tea—the only limit is their imagination).
2. Remind them to try to be present and take a mental note of their experience (notice sensations, emotions, etc.).
3. Ask them to plan ahead for the next day—what will tomorrow’s daily vacation look like?
4. Instruct them to take five minutes before going to bed to reflect on the positive emotions they savored during the day.

DISCUSSION:

Encourage participants to do this for one week. At the end of the week, ask them to carve out 10-15 minutes to take stock of all the positive emotions they’ve experienced in the past seven days. Ask them how they felt this week compared to other weeks? Are there any differences? Ask them how they feel right now?

When life gets hectic, taking the time for a “daily vacation” can help to cultivate joy and happiness. Ask participants if they find themselves “living in the fast lane.” How do we slowdown in such a fast paced world?

Source: Positive Psychology Exercises: Self Compassion Letter & Your Daily Holiday. [Video file]. Retrieved from <https://www.youtube.com/watch?v=Lfth1bJKMmA>