

# Glimmers

## Triggers:

To understand 'glimmers' let's first talk about triggers, as they are opposites.

## What are triggers?

Triggers warn our nervous system about potential threats. They can cause our body to freeze, fight or flight. This can also cause bodily sensations, such as increased heart rate, muscle tension or shaking. We may cry or shout due to feeling upset, angry or stressed.

## What are glimmers?

'Glimmers' are moments of happiness. Glimmers allow you to feel safe.

## What do glimmers do?

Glimmers move the feelings of distress out of you. They make us and our nervous system feel calmer.

## How can we find glimmers?

- Notice the small things and how they make you feel
- Look out for the small things that make you happy
- Focus on the positives
- Don't always think about the negatives
- Engage your senses

## Examples of glimmers:

- Watching sunset
- Hearing your favourite song in a shop
- Listening to the birds
- Seeing a fox in the garden
- Seeing a leaf fall from the tree
- Walking in nature
- The smell of freshly cut grass
- The taste of chocolate
- Spending time with a pet

## What are your glimmers?

**How do you feel when you notice your glimmers?**

**Now try and look for your glimmers. Notice how you feel and what makes you feel like that, then find glimmers in each day. Write a few sentences on when you have experienced a glimmer and how it made you feel, and look back on this when you want to feel at peace.**