

GLIMMERS



What is a Glimmer?

A glimmer is the opposite of a trigger. When we are triggered, our body turns on the fight or flight response. We become anxious and stressed; this is our sympathetic nervous system being activated.

A glimmer is a little moment where we can feel happiness, contentment and safety. They activate our parasympathetic nervous system, which helps us to feel calm.

Glimmers are Everywhere

A glimmer can be sitting watching the sunset, looking up at the stars, enjoying your cup of coffee, or a hug from a loved one. Any moment where you feel at peace. A mindful moment where you know you are exactly where you are supposed to be. Feeling a sense of comfort and joy because our brain releases the chemicals serotonin, oxytocin and dopamine.

Looking for Glimmers

Finding glimmers can help us to build resilience by allowing us to create appreciation for the small things in our lives and improve our mental health. They help to calm our nervous system and bring a sense of calmness into our mind and body.

Next time you feel a sense of joy or comfort in a little moment, notice what you are doing and note it as a glimmer. Train your mind to look for all the positive little moments in your life instead of letting your mind create and focus on lots of negative ones.

There is so much to be grateful for, we just need to practice looking for those moments and nurture them.

Your moments await you.