GLIMMERS AND TRIGGERS

Practical ways to implement glimmers daily:

1. Take a personal inventory. Deb Dana also recommends creating a “menu” of glimmers, so you have plenty to select from.
2. Grab the headphones. Make a playlist of music that evokes feelings of peacefulness.
3. Assemble the scents. Collect a few of your favorite essential oils or candles and keep them nearby.
4. Get in touch with nature. Go for a walk or try going to the beach to hear the sound of waves crashing on the shore.
5. Curate your social feeds. Follow accounts with calming, peaceful presences, and unfollow accounts with content that might be personally triggering.
6. Plan around your interactions. Primarily connect with people who bring you peace. If you know you’ll connect with someone who triggers you, schedule a calming activity directly after.
7. Constantly evaluate and adjust. Do a self-assessment by asking, “Is this working for me?” What works for others may not work for you, and that’s OK

Other Ideas:
GLIMMERS AND TRIGGERS

“Trauma reshapes our system so that we are more prone to pathways of protection than pathways of connection.” – Deb Dana, LCSW

**Triggers:** cues of danger that disrupt our emotional, somatic, and/or mental stability (people, places, sounds, smells, conflict, squinty eyes, etc.)

- **Sympathetic:** fight, flight, mobilized

- **Dorsal Vagal:** collapse, submit, immobilized

**Glimmers:** cues of safety that bring us back to calm, relaxed, grounded, connected states (petting your dog, going in vacation, sitting in front of the fire, etc.)

- **Ventral Vagal:** Safe and social

“When we work to include glimmers in our lives, we are setting ourselves up to have cues of safety in our day.” Andrea Glik, LMSW

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