



GLIMMER CHECKLIST



Tiny, micro-moment signals of safety your nervous system might notice

Sight

- Sunlight hitting dew or leaves like tiny crystals
- Watching clouds move slowly
- Candlelight or a soft lamp in the evening
- Seeing trees sway in the wind
- A clean, calm corner of your home

Sound

- A bird chirping
- Wind through trees
- Quiet instrumental music
- A familiar voice you trust
- Silence, even for a few seconds

Touch

- Warm socks or a cozy blanket
- Holding a warm mug
- Petting an animal
- Sun on your skin
- Feeling your feet on the ground

Smell

- Coffee or tea brewing
- Fresh air through an open window
- A favorite soap or lotion
- Rain or outdoor air
- Something yummy baking in oven

Body Signals

- A spontaneous sigh
- Shoulders dropping
- Jaw unclenching
- Slower breathing without trying
- Feeling slightly more present

Connection

- A gentle smile from someone
- Sitting near a safe person
- Sending or receiving a kind text
- Feeling understood, even briefly

You're just becoming *curious* and *noticing* what might bring delight.
I hope this helps! Reach out any time you want more support. I'd be honored!

Cristal