

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