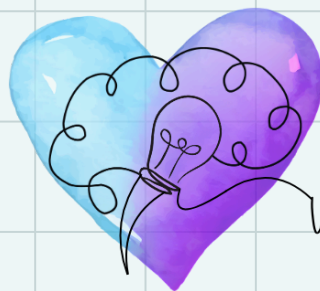


TRIGGERS AND GLIMMERS



A practical resource to support you to understand the difference between triggers and glimmers and strategies to build more glimmers into your daily life.



Wise Mind Counselling



Welcome!

My name is Rebecca Hooper, I am an Accredited Mental Health Social Worker (AMHSW) and owner of Wise Mind Counselling.

I created this free resource for many reasons. Firstly, I understand from my own experience what it is like to be easily triggered and distressed. It has taken me a long time and lots of mistakes along the way to learn that my triggers do not define me. This led me to encounter the concept of 'glimmers'. Yes, being triggered is an unfortunate part of being human, but it does not have to drag us down! We can counterbalance our triggers by making a conscious effort to acknowledge daily glimmers. If this sounds like something that would benefit you, please continue reading.

I hope you enjoy this resource as much as it brought me joy to make it!

Rebecca Hooper

ACCREDITED MENTAL HEALTH SOCIAL WORKER (AMHSW)

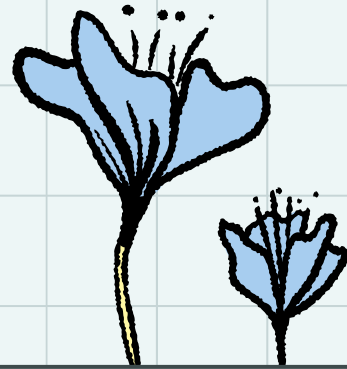
What's included in this resource!

- Information on the difference between *triggers* and *glimmers*
- Example list of triggers
- Trigger tracker
- Trigger Management Plan
- Example list of glimmers
- Glimmer tracker
- Noticing glimmers

“Recognizing glimmers doesn't minimize your distress or disavow the ways you are suffering”

DEB DANA - LCSW

TRIGGERS *and* GLIMMERS



TRIGGERS



Cues that alert the body to potential danger



Activate the threat response - fight, flight, freeze



Associated with stress, anxiety and trauma



Can be overwhelming



Creates emotional and physical tension



Can lead us to disconnect from those around us

GLIMMERS



Cues that signal safety in our nervous system



Activate the rest and relax nervous system



Tiny moments of joy, gratitude, safety or peace



Helps us move out of survival mode



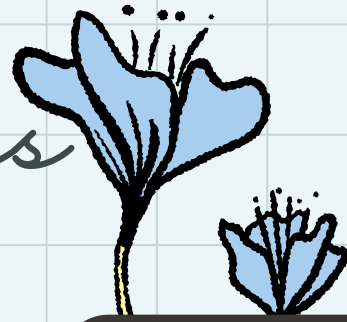
Spark positive emotions



Help us open and socially connect

TRIGGERS

examples



Anniversary dates of losses or trauma

When your boundaries are ignored or violated

The end of a relationship

Judgment, criticism or put downs

Financial problems

Frightening news events

Certain smells, tastes or textures

Disappointment when expectations aren't met

Being treated unfairly

Parenting or caretaking responsibilities

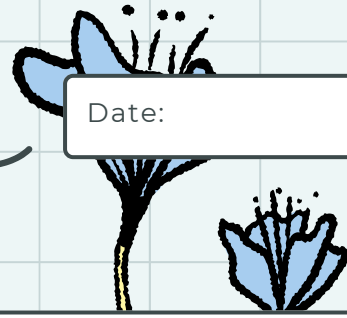
Feeling ignored, misunderstood or invalidated

Emotional vulnerability and intimacy

TRIGGER

tracker

Date:



What triggered me?

How did I feel?

What thoughts went through my mind?

What did I do when triggered?

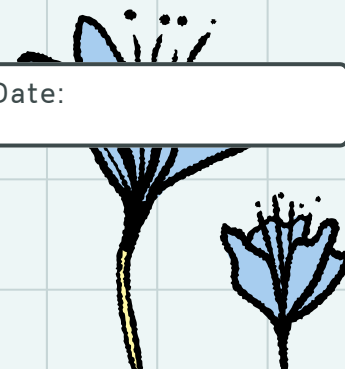
Things I can do to help me manage this trigger in the future:

Notes:

Brain dump:

TRIGGER MANAGEMENT *plan*

Date:



Triggers:

Triggers are external events or circumstances that may produce very uncomfortable symptoms, such as anxiety, panic, despair or negative self-talk. Reacting to triggers is normal, but if we don't recognise them and respond to them appropriately, they may actually cause a downward spiral, making us feel worse.

Identifying triggers:

Early Warning Signs:

Early warning signs are internal and may or may not arise in reaction to stressful situations. If you can recognise and address early warning signs right away, you often can prevent more severe distress/symptoms.

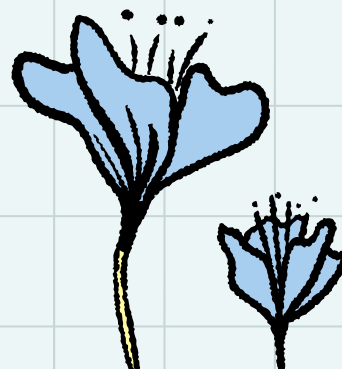
Early warning signs:

Supporters:

List the people (such as specific family members and friends) who you can go to for support when triggered, or if an early warning sign arises.

Supporters:

TRIGGER MANAGEMENT *plan*



What I need from supporters:

Describe what your supporters can do for you that will help you feel better. Make sure to talk to these people prior to being triggered to confirm their understanding of their role.

What I need from supporters:

Trigger and Early Warning Sign Action Plan:

Describe specific things you can do to cope with distress or to feel better when a trigger or early warning sign occurs.

Trigger and Early Warning Sign Action Plan:

Who I can contact in a crisis:

Additional contacts you can reach out to for support if you are still feeling distressed/triggered and you have tried the action plan

Who I can contact in a crisis:

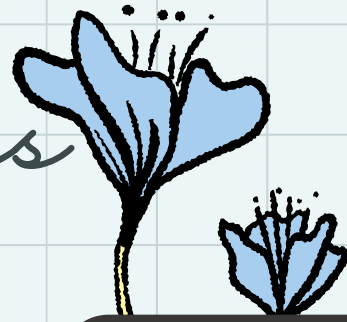
Mental Health Line - 1800 011 511

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

GLIMMERS

examples



Hearing a song you
haven't heard in a
long time

That first sip of your
morning tea or coffee

The smell of rain,
freshly cut grass, or a
nostalgic perfume

Rays of light shining
through the clouds

An unexpected call
from someone you
love

Getting a hug just
when you need it

Watching a child
laugh or a puppy
frolic

Gazing at the stars on
a clear night or snow
falling on a quiet
winter day

Tasting a comforting
or delicious meal

Dancing to your
favorite song

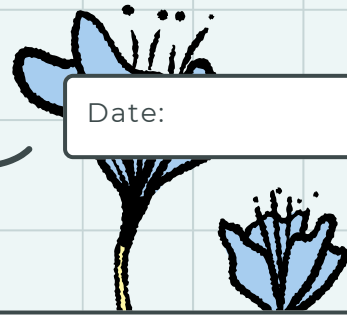
A random act of
kindness

The feeling of your
dog's furry ears at the
end of a long day

GLIMMER

tracker

Date:



What gave me a spark of joy?

How did I feel?

What thoughts went through my mind?

What did I do with this spark of joy?

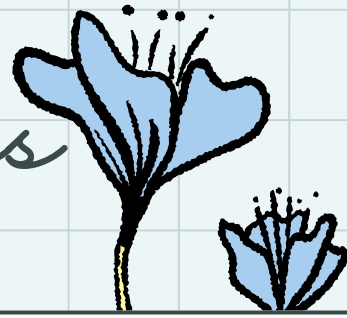
How can I foster more glimmers like this in the future?

Notes:

Brain dump:

NOTICING

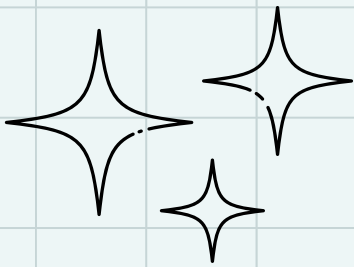
glimmers



1

Set an intention to notice

Begin each day with the aim to observe moments that bring a sense of peace, calm or joy. It doesn't have to be big or obvious, you can start by noticing the small or often overlooked things in your life. You can do this by saying to yourself "I'm going to see what glimmers appear on my path today"



2

Identify glimmer environments

Consider your favourite places to go. Glimmer environments are places you can go where you are very likely to encounter several glimmers, for example the beach, a forest or bushland

3

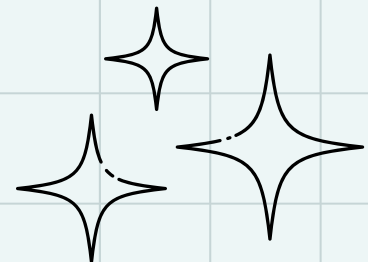
Put your phone down

If we spend our time looking at our phones, we miss the opportunity to notice glimmers, for example, a passerby smiling at you. You are more likely to discover glimmers when you are in the present moment and really noticing the world around you

4

Pause and soak the glimmer in

Intentionally pause and let yourself fully take in any glimmers you notice. You can do this by slowing your breath, naming the glimmer in your mind or observing how your body responds to the glimmer



5

Find a way to remember the glimmers you observe

You can do this a number of ways - journalling or tracking your glimmers, recreating glimmers through art and creativity, taking a photo of the glimmer. You could even make a glimmer menu - a list of people, places or activities that bring you a sense of comfort, connection and joy.

6

Reflect and remember

At the end of the day, consider noting down any glimmers you observed. Writing it down can help make it easier to spot them over time. Alternatively, reflect on these glimmers with someone you love and trust.