



Discovering Your Glimmers

1. What visual elements bring you joy and a sense of peace ?
2. Who is the one person in your life that you can count on to bring you a feeling of love, safety and comfort?
3. What sounds lull you into comfort and ease? Is there a song that invokes a warm feeling of nostalgia and happiness?
4. What smells tend to calm you or invoke happy memories?
5. What textures feel soothing and comforting on your body? A bath, a fuzzy throw, a weighted blanket, thick comfy socks? Lotion?
6. What physical action brings you a sense of stress relief and peace? Taking a walk, dancing, yoga, giving someone you love a hug?
7. What hobby or pastimes allow you to escape and just be in the present moment? Paintings, reading a novel, gardening?