

Savouring Glimmers & Gratitude

Simple Practices to Support Healing, Resilience, and Well-Being



When life feels heavy, our attention usually goes to what's wrong or what's missing. This habit, known as the negativity bias, is a survival instinct that can leave us feeling overwhelmed or disconnected.

The good news? Our brains can change.

Through neuroplasticity, we can strengthen pathways associated with well-being, resilience and gratitude.

One simple way to support this is to notice and savour glimmers—small moments of goodness that remind us we are okay in this moment.



What Are Glimmers?

Glimmers are small moments of safety, connection, calm, joy, wonder, gratitude, or hope. They are often simple, ordinary experiences.

Glimmers might include:

-  The warmth of sunlight on your face
-  A kind smile from a stranger
-  A comforting warm cup of coffee, tea or cocoa
-  Hearing a favourite song
-  A laugh shared with a friend
-  The beauty of a flower, tree, or sunset
-  A quiet moment after a busy day
-  The comfort of your pet resting beside you or on your lap



Glimmers are not about ignoring pain or pretending everything is okay. They help us broaden our awareness so that we can notice moments of goodness alongside life's challenges.

THE HEAL FRAMEWORK PRACTICE

Created by Rick Hanson to help positive experiences become lasting inner strengths.



Have a Positive Experience



Notice or create a positive experience, however small.

- What feels pleasant or comforting right now?
- What am I appreciating?
- What is going well, even in a small way?

Small moments count.



Engage & Expand It



Pause and stay with the experience for 10–30 seconds.

- What emotions are present?
- What does it feel like in my body?
- What makes this moment meaningful?

Curiosity deepens the experience.



Absorb It



Let the experience sink in. Receive the goodness.

- Can I stay with this for a few more breaths?
- How can I let myself fully receive this experience?

This helps your brain register and store it.



Link (Optional)



Gently hold a positive experience alongside a difficult one.

- Feeling supported while also acknowledging loneliness
- Remembering a strength while facing self-doubt
- Noticing gratitude while moving through grief

The aim is not to eliminate pain, but to hold space for both challenges and possibilities.

PRACTICAL WAYS TO STRENGTHEN POSITIVE NEUROPLASTICITY



Keep a Glimmer Journal

At the end of the day, reflect on:

- Three glimmers you noticed
- How they made you feel
- What you appreciated about them

Small and genuine is enough.



Practice "Three Good Things"

Before going to bed, reflect on:

- What went well today?
- Why did it happen?
- What part did I play?

This simple practice boosts gratitude, optimism and well-being.



Share Glimmers with Others

Positive experiences grow when they are shared.

Consider telling someone about:

- A moment of gratitude
- A meaningful interaction
- Something beautiful you noticed during your day

Connection increases enjoyment and helps positive experiences linger and deepen.



Notice Everyday Moments

Pause occasionally and ask yourself:

- What do I appreciate right now?
- What feels nourishing in this moment?
- Where do I notice comfort, safety, ease, or connection?

These small moments matter more than we realize.

A Gentle Reminder

Healing is not about focusing only on the positive or pushing away difficult emotions.

It's about developing the capacity to hold both the challenges and the gifts of life with greater awareness and compassion.



What glimmer is present for you right now?



Take a breath.



Pause for a moment.



See if you can allow yourself to receive it fully.

