A GENTLE PRACTICE

# Small Ways to Shift Energy

Noticing glimmers and choosing small supportive actions

## Triggers and glimmers

A trigger is a cue or experience that activates a stress response. It might be something happening around us, a thought, a memory, or a body sensation. A glimmer is a small moment that brings ease, connection, comfort, joy, or a sense of safety. Glimmers can be subtle and easy to overlook.

## We can be intentional about glimmers

We cannot always prevent triggers, and we do not have to force positive feelings. But we can notice what helps, make room for more of it, and practice small actions that support our nervous systems. Even a tiny shift can create a little more choice about what happens next.

*The goal is support, not pressure to feel better.*

## How to use this worksheet

Check any ideas you might like to try. You do not have to do them all.

Add your own ideas in each category. Choose what feels accessible today.

Something that helps one day may not help on another day - that is okay.

### A small experiment

Notice how you feel before and after an activity. You might feel calmer, more energized, more connected - or no different. All of that is useful information. Your needs and preferences matter.

CHOOSE WHAT FITS

# Small Ways to Shift Energy

Physical and mental glimmers

## Physical

Support your body through small, manageable actions.

- [ ] Drink a glass of water
- [ ] Eat something nourishing
- [ ] Stretch or gently move
- [ ] Step outside for fresh air
- [ ] Take a short walk
- [ ] Rest or lie down
- [ ] Change temperature (blanket / cool air)
- [ ] Listen to music and move
- [ ] Take a warm shower
- [ ] Notice a pleasant sensory texture

**Other:** _____

## Mental

Offer your mind some space, focus, or gentle engagement.

- [ ] Do one manageable task
- [ ] Take a break from screens or news
- [ ] Name what I am feeling
- [ ] Write or draw for a few minutes
- [ ] Listen to something enjoyable
- [ ] Read a few pages
- [ ] Notice one thing going okay
- [ ] Practice a grounding exercise
- [ ] Give myself permission to pause
- [ ] Do something playful or creative

**Other:** _____

CHOOSE WHAT FITS

# Small Ways to Shift Energy

Spiritual and relational glimmers

## Spiritual

Connect with meaning, values, wonder, or inner stillness - in your own way.

- [ ] Spend a moment in quiet
- [ ] Listen to meaningful music
- [ ] Notice nature or the sky
- [ ] Connect with a personal value
- [ ] Pray, if meaningful to me
- [ ] Read something inspiring
- [ ] Meditate gently
- [ ] Practice compassion toward myself
- [ ] Practice gratitude without forcing it
- [ ] Notice a moment of awe

**Other:** _____

## Relational

Find connection, support, belonging, or healthy space.

- [ ] Text someone I trust
- [ ] Share a laugh
- [ ] Ask for company or support
- [ ] Set a needed boundary
- [ ] Share a genuine feeling
- [ ] Express appreciation
- [ ] Offer or receive a hug (if welcome)
- [ ] Connect with a supportive community
- [ ] Spend time with a pet
- [ ] Enjoy comfortable time alone

**Other:** _____

A PERSONAL PLAN

# My Small Glimmer Plan

A few choices are enough. Start where you are.

## What feels most accessible today?

Choose one small action from any category.

## How might I make room for it?

When, where, or with whom could I try it?

## What did I notice afterward?

Any change in my body, mood, energy, or sense of connection?

## Other glimmers I want to remember

Small moments, places, sounds, people, or activities that help me.