

Finding Your Glimmers!

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What are glimmers?

As I was feeling really unmotivated to get some work and study done this week, I thought about what my supports would say if I told them how unmotivated I was. Feeling unmotivated generally makes me feel pretty annoyed at myself. It's this feeling of wanting and needing to get things done, whilst not having the energy for it. The answer from my supports would probably be to go take a break. Whilst taking a break is great advice and can be especially helpful if you're really needing some time off to recharge, for most people it's not very feasible to take time off from work, study or other responsibilities.

This is where the idea of  'glimmers' comes in. Glimmers are small, joyful moments in your day-to-day life. They're different for everyone and you can plan them or they can just spontaneously pop up!

Some examples of glimmers include:

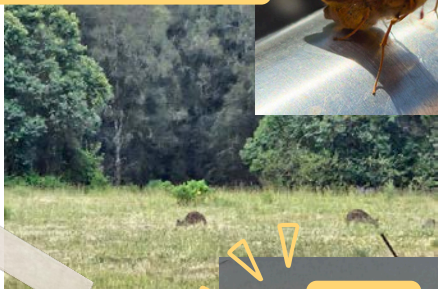
- Getting ready for the day with upbeat music
- Taking the dog for a walk
- Making impromptu plans with a friend
- Watering plants in your garden
- Doing fun makeup
- Looking at the stars at night
- Watching a show whilst commuting to work or school
- Window shopping

It's okay if you're unsure about what your glimmers may be. Taking time to reflect on what you find yourself already noticing can be a good first step. Check out [Zoe's blog post about finding community and connection](#) to read about some more ideas!

I'm an outdoorsy and crafty person who loves a sweet treat! Some of my favourite glimmers are...

Accidental/less energy

Finding animals outside



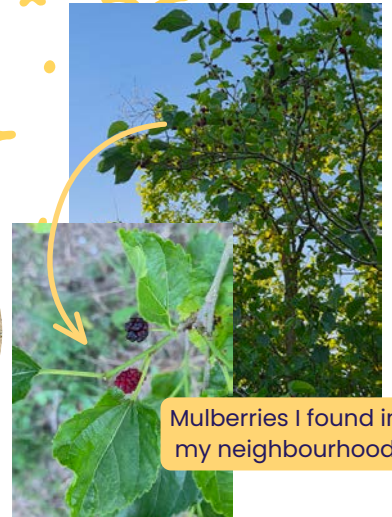
My favourite flower, the wattle!



Flower circle I found by the curb



Mulberries I found in my neighbourhood



Sunsets!



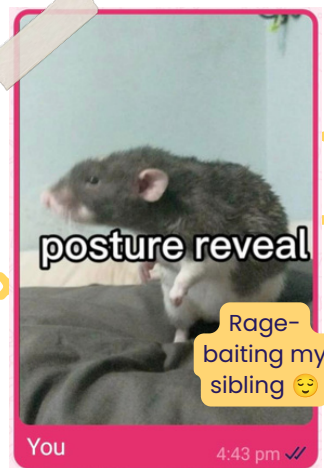
Love a candle!



Sweet treat!



posture reveal



Spontaneous, after-work food court dinner plans with friends



Made this for a friend!



I love Bushcare volunteering!



Purposeful/more energy



I find that having something small to look forward to each day can make things feel a lot more bearable. Taking the time to notice the world around me can help me feel more connected and grounded.

I hope this was helpful and I'll be going on a walk now!

- Tara