

Wellbeing



Daily Glimmers



At St Ambrose we have been focusing on the importance of recognising the positives in our daily lives to support mental wellbeing. Students had opportunities to share their Daily Glimmers with their class.

Daily Glimmers are experiences that spark joy, safety or connection. It is a good thing in your life no matter how big or small it is. Glimmers give you an opportunity to see the good moments even if it's been a hard day. Actively noticing glimmers is a wonderful way to support your mental health & nervous system.

You can use Daily Glimmers with your family by asking your children about their Daily Glimmers each day. You can also share your special moments to foster a positive mindset amongst all family members.



Go glimmer hunting:

1. Set a goal of finding 1 to 4 glimmers a day
2. Intentionally savour glimmer moments.
3. Notice & enjoy the pleasant emotion & sensations this brings.

@innerglowtherapy

Here are some links for further information:

<https://www.nzherald.co.nz/lifestyle/what-is-a-glimmer-and-how-do-you-find-it-latest-heartwarming-social-media-trend-explained/BCOPAA4YZBGRLFPYXXDKXIBGFE/>

<https://www.verywellmind.com/what-is-a-glimmer-5323168>