

An abstract painting with a vibrant color palette. The top section is dominated by shades of green and blue, with visible horizontal brushstrokes. Below this, a large, bright yellow and orange band stretches across the middle. The bottom section features deep reds and purples, with some darker, more textured areas on the right side. The overall effect is one of dynamic energy and light.

Practicing and spreading glimmering

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Glimmer Hunt in your  
mobile gallery



Take your mobile phone, find a photo that evokes in you a feeling of warmth, joy, happiness or deep satisfaction. Pause there. Think of the moment when it was taken. What was special about it? Why does it still stand out to you? Share your photo and/or story with a colleague. Then listen to their story.



"We're not talking great, big, expansive experiences of joy or safety or connection. These are micro moments that begin to shape our system in very gentle ways."

Deb Dana, clinical social worker who introduced the concept of glimmers

# Glimmers

vs.

# Triggers

- Subtle positive stimuli that evoke feelings of safety, connection, or calm
- Encourages feelings of peace, joy, comfort, or hope
- Activates the parasympathetic nervous system (rest and digest)
- Strengthens resilience and supports emotional healing through mindful attention to small, uplifting moments
- Creates positive ripple effects: tiny glimmers accumulate, reinforcing a more hopeful and balanced outlook on life

- Negative stimuli that activate a stress response or trauma memories
- Induces feelings of fear, anxiety, anger, or distress
- Activates the sympathetic nervous system (fight, flight, freeze)
- Identifying triggers helps to work through trauma
- Creates negative ripple effects: emotional escalations, impulsive responses, negative thought patterns, and destructive behaviours



Glimmering fits perfectly well within the SFA framework: it's all about shifting the focus, exercising noticing for emotional healing and creating micro-moments that sparks a meaningful preferred change!



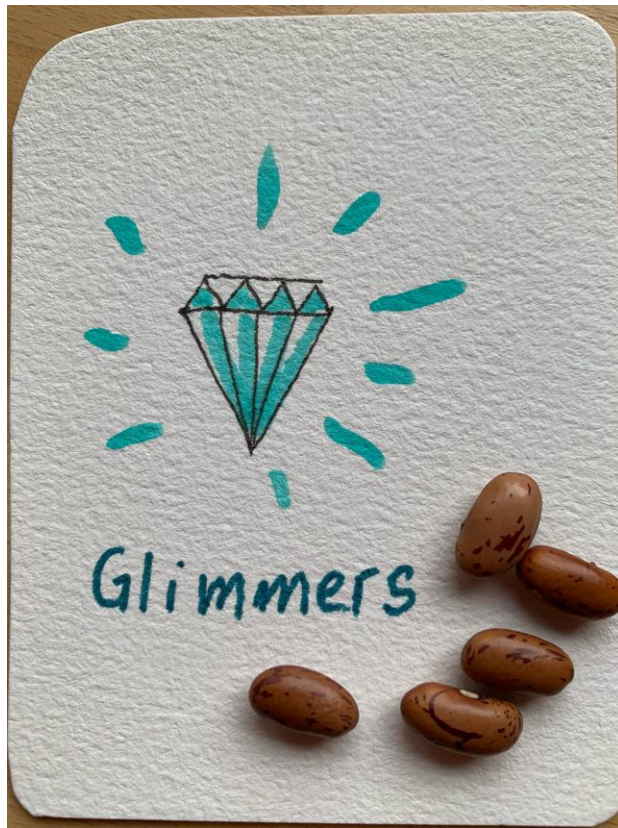
# Glimmers Diary



## Perceiving glimmers with five senses

- See a glimmer (e.g. a beautiful landscape)
- Smell a glimmer (e.g. a smell of a flower or just baked bread)
- Hear a glimmer (e.g. sounds of nature, music)
- Taste a glimmer (e.g. taste of food cooked by a close person)
- Touch a glimmer (e.g. a hug, a touch of a warm scarf)
- + the sixth sense?





## Applying Glimmering in Team-Workshops and Coaching





Sharing my glimmers with other people in everyday life



# Glimmering in difficult times

In the Ukrainian National Mental Health Program “How are you?” there is a chapter about glimmers

Practicing “glimmering” even (or especially) in the darkest times is helpful and healthy

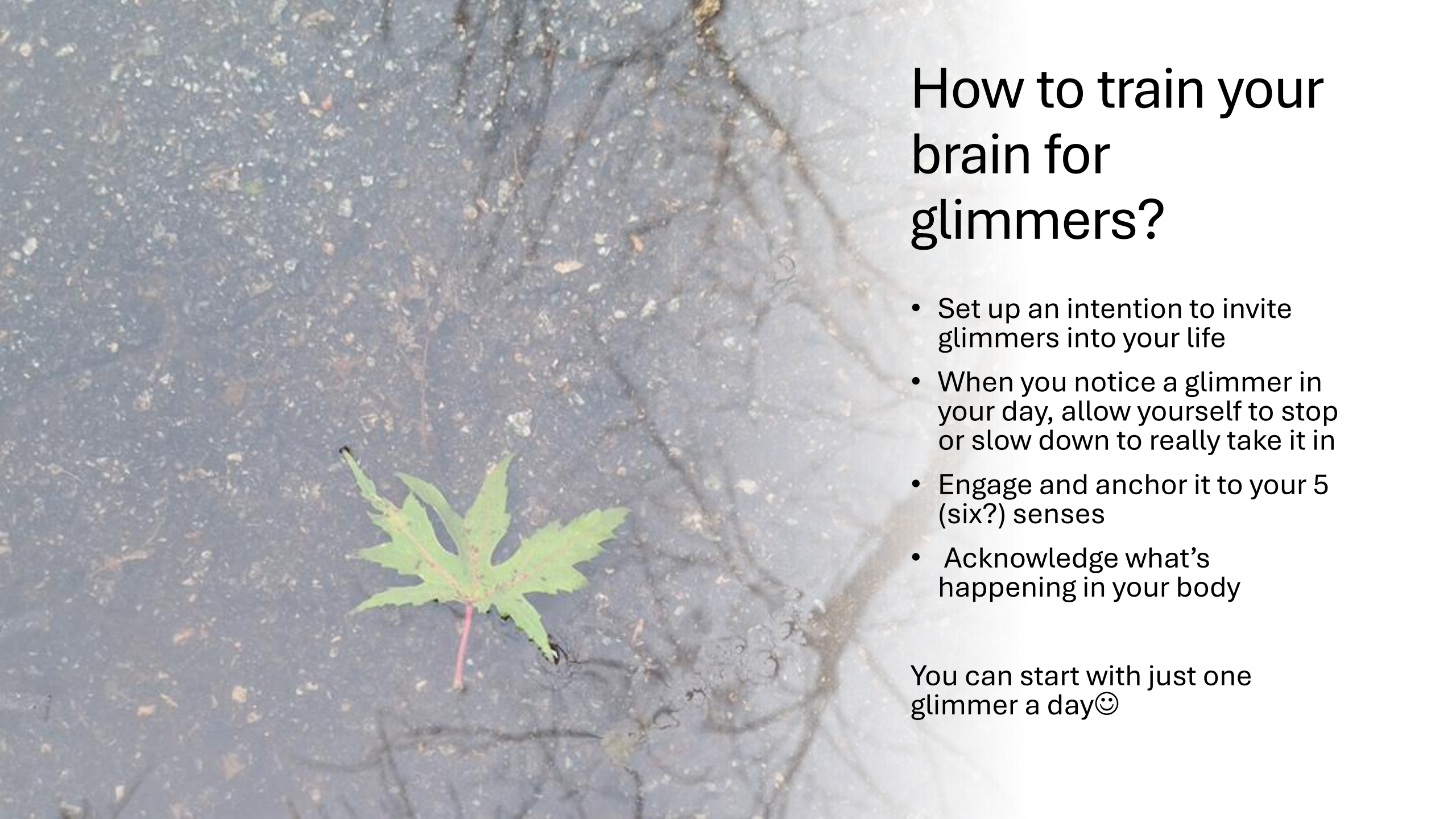


# Glimmer

## Journaling for dark times

Think of a “dark time” of your life.

What was a small moment that brought you a sense of calm, strength, or connection?

A photograph of a single green maple leaf with a pink stem lying on a dark, cracked asphalt surface. The leaf is positioned in the lower-left quadrant of the image. The background is a close-up of the asphalt, showing several deep, irregular cracks that run across the frame. The lighting is natural, highlighting the texture of the leaf and the roughness of the pavement.

# How to train your brain for glimmers?

- Set up an intention to invite glimmers into your life
- When you notice a glimmer in your day, allow yourself to stop or slow down to really take it in
- Engage and anchor it to your 5 (six?) senses
- Acknowledge what's happening in your body

You can start with just one glimmer a day 😊



What *glimmered* for  
*you* in our today's  
conversation?



Deb Dana on Glimmers -

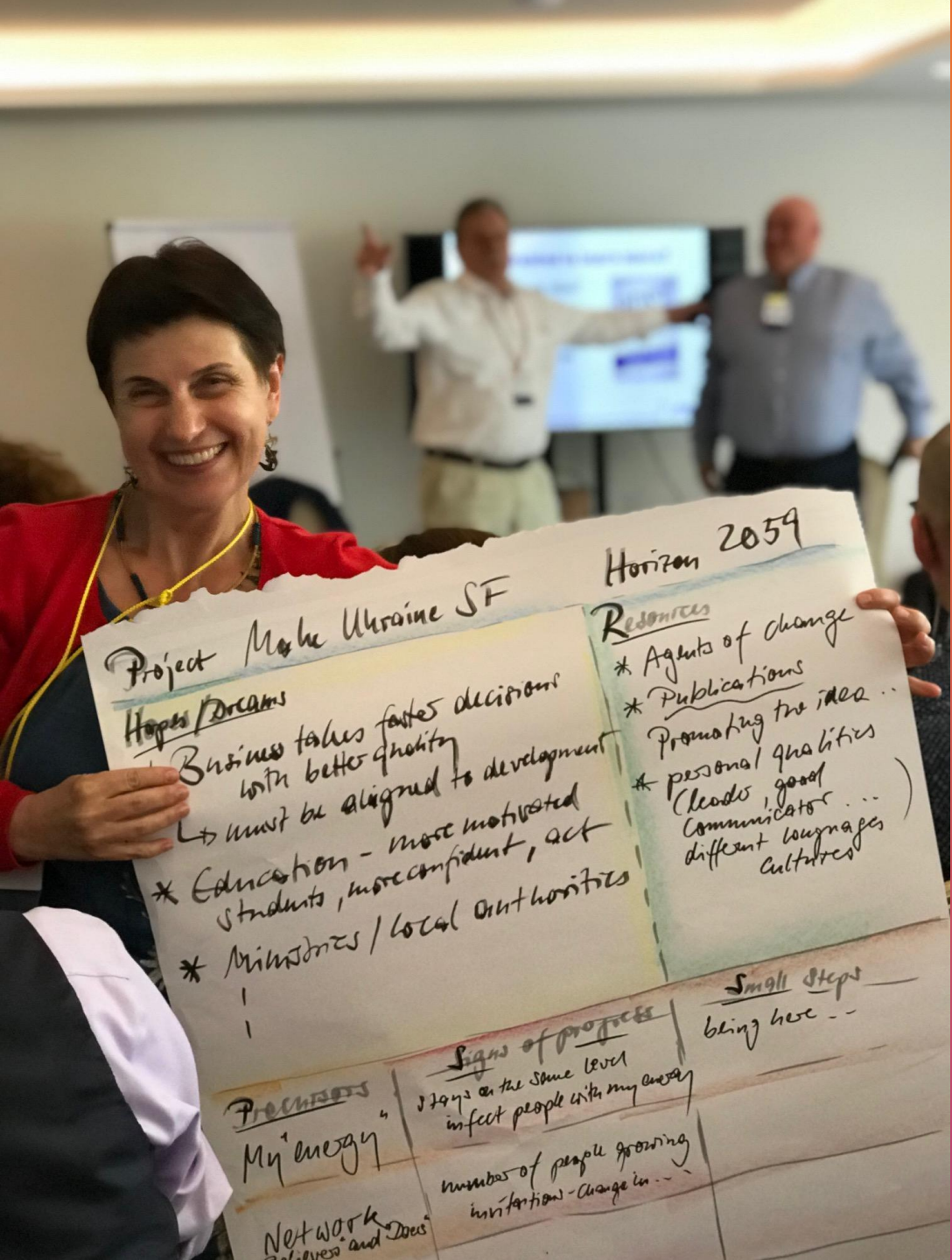
<https://www.youtube.com/watch?v=WPwp6nyotME>

Practicing Glimmering -

<https://journalsfp.org/article/145261-practising-glimmering>



**Thank you😊!**



Victoria Spashchenko is an SFA practitioner and promoter, a self-appointed manager of SF-Ukraine and the author of practical guides on how to solve problems without discussing them. Also, an intercultural coach and facilitator, a manager with many years of experience and a (keynote) speaker with good listening skills😊!



Julia Kalenberg is an SFA practitioner, keynote speaker and mental coach, working with teams, leaders and athletes. Her work ranges from solution-focused team workshops and individual coaching on solution walks to leadership trainings at the Institute for SME at the University of St. Gallen. In 2023, she published her first book, exploring the profound connection between learning to die and learning how to live.

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In this presentation, we used Victoria's photographs of the works of the following artists:

- Anatolij Kryvolap
- Tyberij Silvashy
- Anton Logov
- Lev Skop