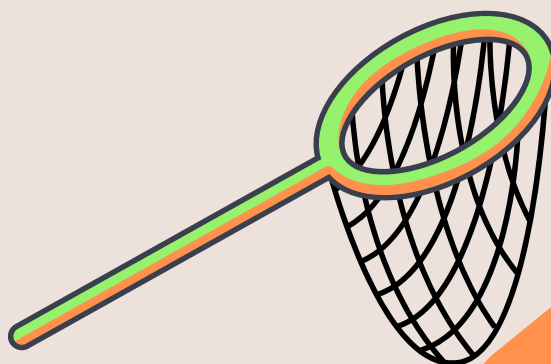


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**SIMPLE 5 MINUTE  
STRATEGY EVERY  
PARENT NEEDS TO KNOW  
HELPING TO BUILD  
BETTER BONDS WITH  
THEIR TEEN & BRING  
MORE JOY IN THEIR LIFE.**



[www.polyvagalteen.com](http://www.polyvagalteen.com)

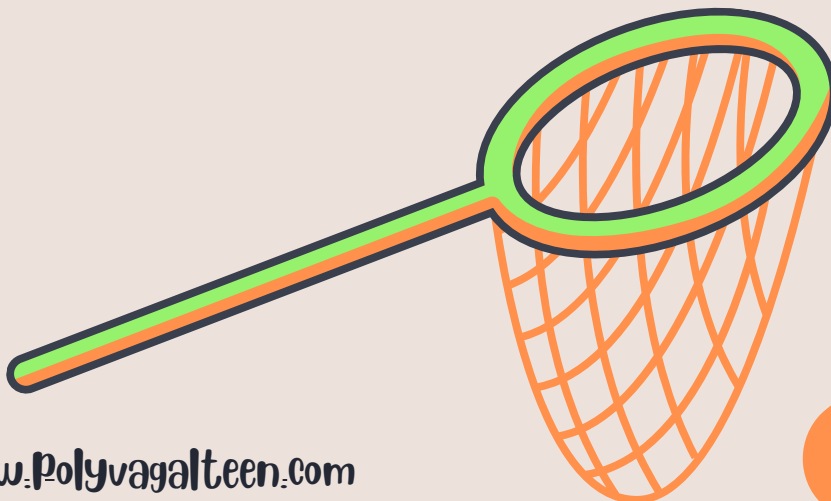


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# **BUILD A BETTER RELATIONSHIP WITH YOUR TEENAGER BY CATCHING GLIMMERS**

*(Glimmers: a term coined by Deb Dana)*

<b>FLASH</b>	<b>GLEAM</b>	<b>GEM</b>
<b>SPARKLE</b>	<b>TWINKLE</b>	<b>GLOW</b>
<b>FLICKER</b>	<b>GLINT</b>	<b>RAY</b>



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- 1. DEB DANA & STEPHEN PORGES**
- 2. WHAT IS A GLIMMER?**
- 3. 21 DAY CATCHING GLIMMERS  
CHALLENGE**
- 4. THE TYPES OF GLIMMERS**
- 5. EVERY ONE'S GLIMMERS ARE UNIQUE**
- 6. HOW TRACKING GLIMMERS HELPS**
- 7. GROW YOUR GLIMMERS**

**FLASH**

**SPARKLE**

**FLICKER**

**GLEAM**

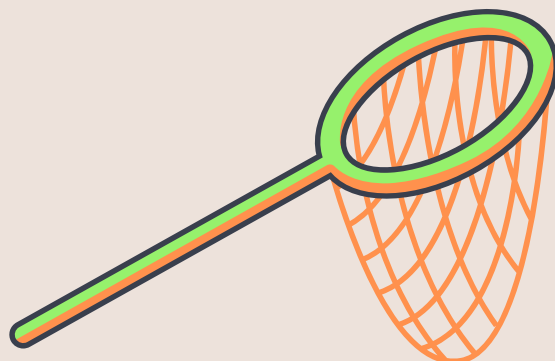
**TWINKLE**

**GLINT**

**GEM**

**GLOW**

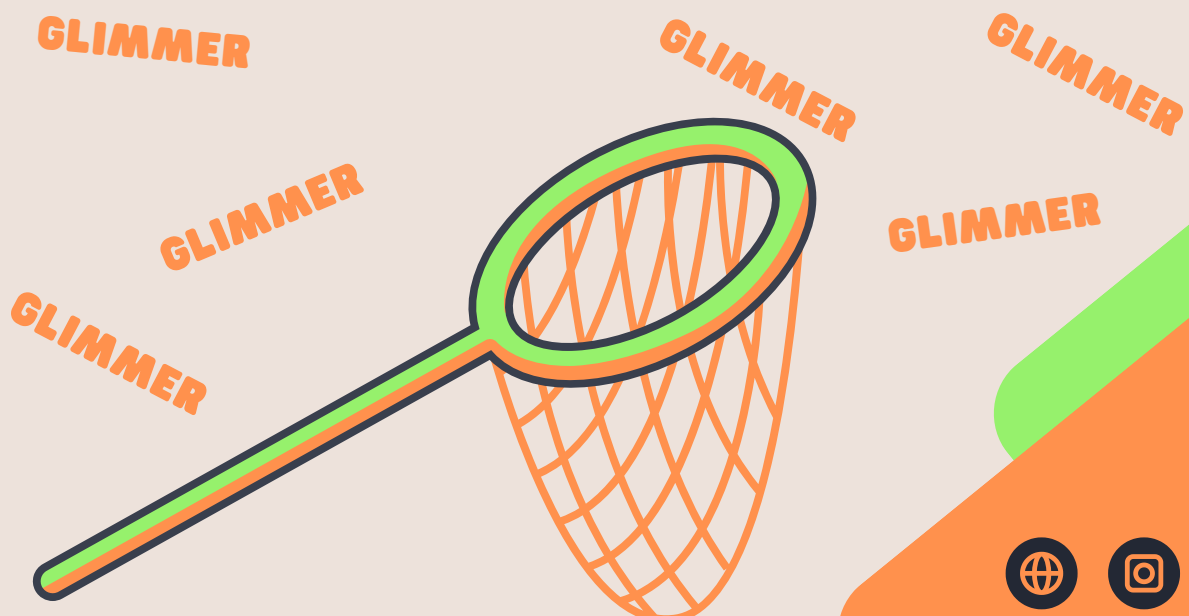
**RAY**



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## Who Is Deb Dana & Dr Stephen Porges?

Deb Dana is a licensed clinical social worker who specialises in complex trauma. In her book "The Polyvagal Theory in Therapy" (2018), she coined the term "glimmers" referring to "small moments when our biology is in a place of connection or regulation, which cues our nervous system to feel safe or calm". Dr Stephen Porges is the founder of Polyvagal Theory.



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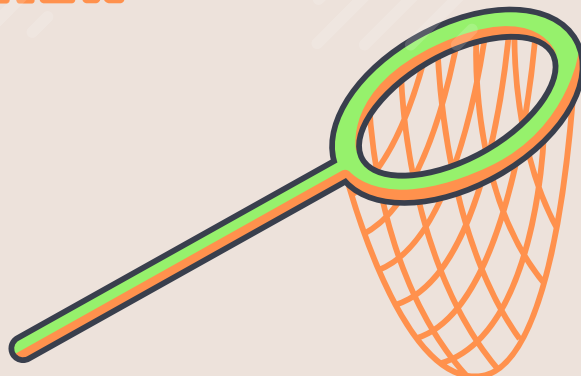
## **WHAT IS A GLIMMER?**

**A GLIMMER IS  
THE OPPOSITE OF  
A TRIGGER**

**FLASH**  
**SPARKLE**  
**FLICKER**

**GLEAM**  
**TWINKLE**  
**GLINT**

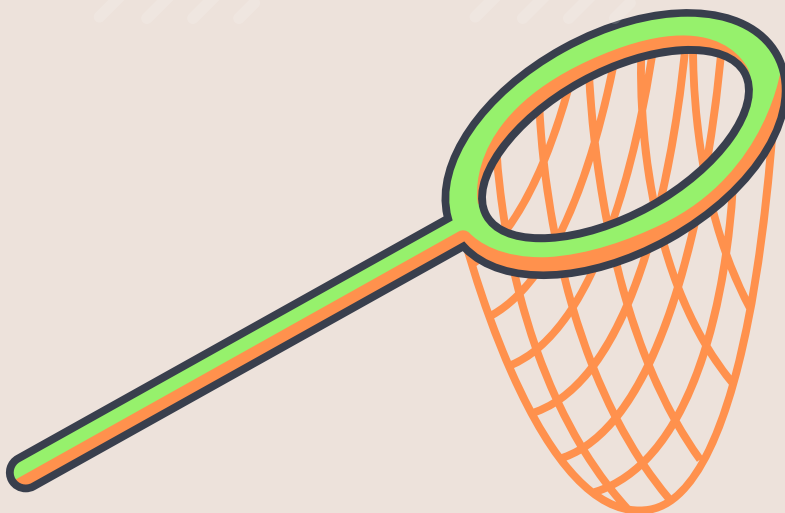
**GEM**  
**GLOW**  
**RAY**



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**It is an external or  
internal cue that brings  
you joy. Or it can bring  
you back to feeling  
safe and grounded.**

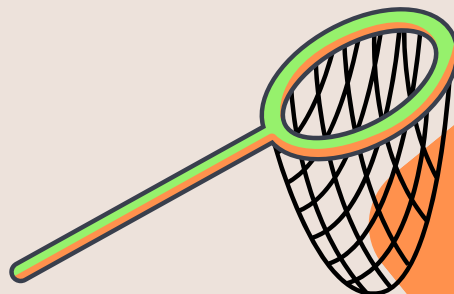
**FLASH      GLEAM      GEM**  
**SPARKLE   TWINKLE   GLOW**  
**FLICKER   GLINT      RAY**



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## **Take The 21 Day Tracking Glimmers Challenge.**

- Choose your Glimmers Tracker & print out for each person and decide the number of glimmers you want to catch each day for the next 21 days.
- Decide when you will drop what you are doing and start "catching glimmers".
- Notice what happens in your body and the sensations you feel when you experience your glimmers. If it feels safe and O.K spend some time enjoying your glimmer. allow the joy to fill your body & glow.
- If you are with family take turns to let your teen describe the glimmer they have caught. A photo journal is one way of documenting your glimmers on your phone.



# 21 DAY GLIMMERS TRACKER

name

© 2006 The Authors  
Journal compilation © 2006 Blackwell Publishing Ltd

[illegible]

**glimmer 1**

## glimmer 2

### **glimmer 3**

## glimmer 4

[illegible]

# glimmer 1

## glimmer 2

### **glimmer 3**

## glimmer 4



*glimmer 1*

*glimmer 2*

*glimmer 3*

**what I noticed .....**

name

1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

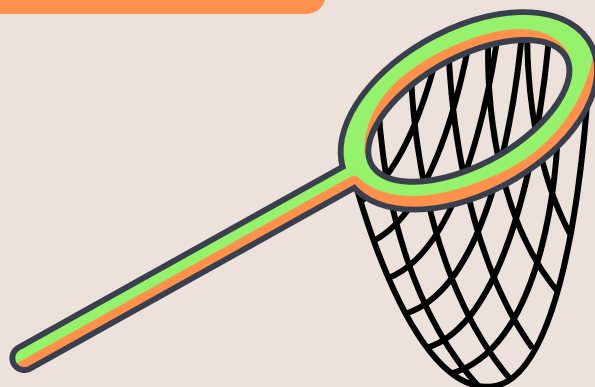


## Types of Glimmers

A glimmer doesn't have to be big or expensive or showy, nor does it have to involve other people.

It can be as simple as watching an ant at work, catching the reflection of the sun in a puddle, the smell of cut grass or feeling the warmth of the sun on your neck.

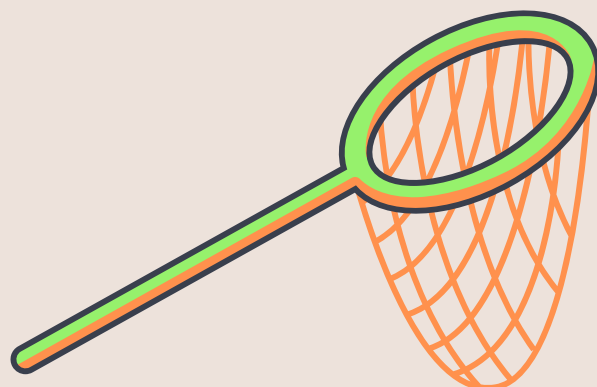
Catching Glimmers is when you allow your mind & body to experience this joy – usually this happens when you are present and in the moment.



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**Here are some examples of glimmers:**

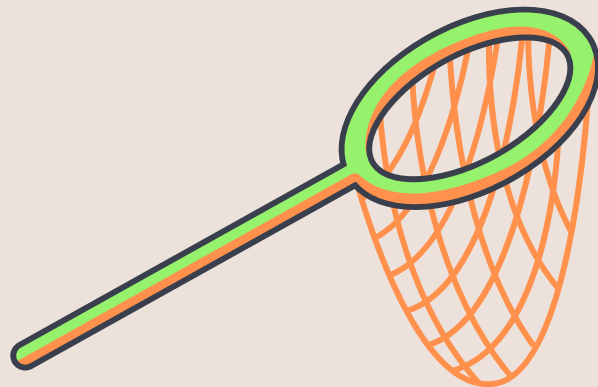
- Pushing your toes through the warm sand.
- The warmth of the sun on your back.
- Seeing a Rainbow or two.
- Walking through nature.
- Hearing a bird song.
- picking a spot
- The smell of baked bread.
- Watching a bee collect pollen.
- A stranger saying thank you to you.



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Here are some of my  
glimmers:



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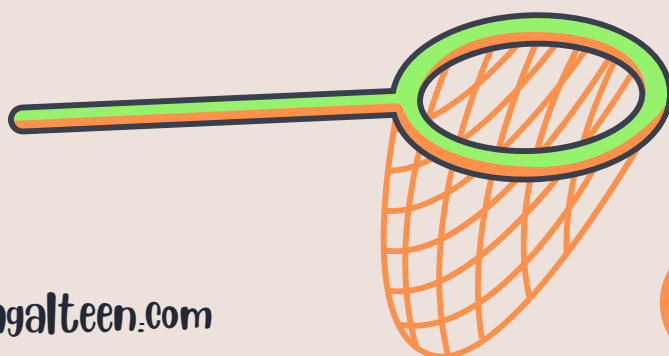
Glimmers are very personal to each one of us. **Never dismiss** your teens glimmer's ... even if it's a piece of flaky skin under a microscope is what brings them joy.

Instead be **CURIOUS** why this is a glimmer for them

**Remember . . . . .**

One person's trash could be another person's glimmer!

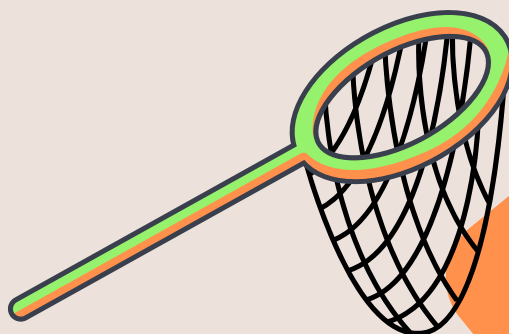
Respect **EVERYONE'S** Glimmers!



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## **4 reasons tracking glimmers can be helpful with teens.**

- It's an easy way to describe 'green flags' instead of 'red flags.'
- Can help diffuse an argument. If you all agree to "**stop**" and start catching glimmers as a strategy to stop things escalating.
- Practicing adding more joy can slowly break the cycle of negativity – it can stop parents reacting negativity with their teen & vice versa.
- taking an interest in what brings your individual family members joy helps you understand them & connect with them better.





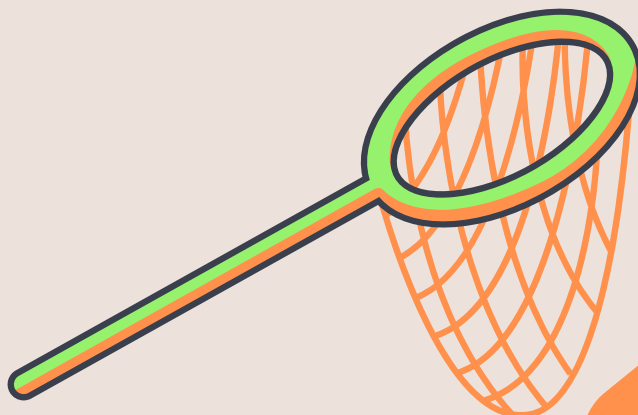
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## **Grow your glimmers**

We hear a lot these days about "triggers". If you were asked to list your top 3 triggers you could probably identify them quite easily.

But asking you to identify your top 3 glimmers might be harder for you to list.

Practicing catching glimmers brings more joy into your everyday life. Helping you to be in the moment more and catch moments of joy.





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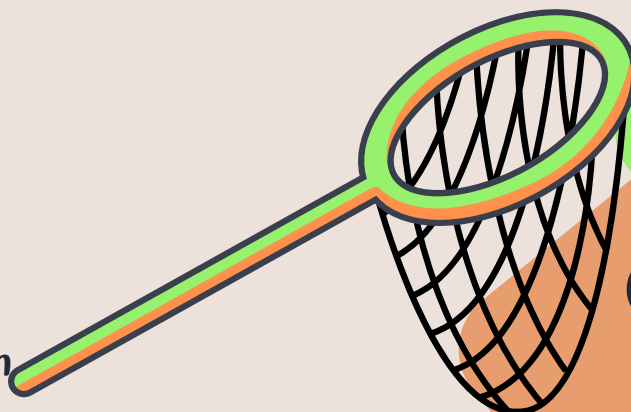
## **A Polyvagal Theory Informed Approach**

Think of a moment you had, no matter how tiny it may have been – where you felt happy, safe and connected, whether with yourself or with others.

Glimmers will feel a little different in everyone's bodies, but they're generally those warm and glowy feelings where you felt cosy and safe.

Glimmers are very individual – one person's trigger might be another person's glimmer.

Sometimes people stop themselves feeling this warm fuzzy feeling as for some it can feel scary.



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# **PRACTICE CATCHING GLIMMERS**

**FLASH**

**GLEAM**

**GEM**

**SPARKLE**

**TWINKLE**

**GLOW**

**FLICKER**

**GLINT**

**RAY**

