

# CATCHING GLIMMERS TRACKER



DATE \_\_\_\_\_

Practicing catching glimmers can help you become more resilient, so you can bounce back easier when things aren't so great. If you forget you could set an alarm on your phone as a reminder. Sometimes we really don't want to catch glimmers - but it can really help your emotional wellbeing. The more you practice the easier it gets! You could also try doing it as a family.

The more glimmers you catch can help you to regulate & improve your mood. There is no right or wrong amount to catch glimmers - whatever is comfortable for you. Just mark down whenever you catch a glimmer.

## MY GLIMMERS

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MY BEST GLIMMER OF THE WEEK WAS:



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