



Glimmers

A GLIMMER are those warm and fuzzy feelings when you are cozy and safe.



Glimmers

adapted from www.verywellmind.com/

A GLIMMER could be seeing a rainbow, smelling lavender, being in nature, feeling the warmth of the sun, or petting a cat.

Write down your GLIMMERS!



Marion County
OREGON
Health & Human Services



POLK COUNTY

MID-VALLEY
Suicide
Prevention
Coalition



For more Glimmers, follow the QR Code to our website