

Staying in Balance

with

Bonnie Diamond, Licensed Acupuncturist

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**Individualized**

**Heart-Centered Care**

**Tracking Glimmers** – Create a list of moments when you feel at peace, a sense of ease, something miraculous about the world. Use this list as a reminder that things there is still joy in the world even in the midst of pain, fear and uncertainty.

**Examples of glimmers** are noticing the sun shining, the feel of a warm bath, hearing your favorite song, petting your pet, noticing a plant or tree, feeling the air on your skin…

**Date Glimmer**

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**Need some encouragement? Just email** [**health@bonniediamond.com**](mailto:health@bonniediamond.com)**, and together we'll put you on the path to health!**