



Serenity Kit

"Much of our training and practice is directed at young people's healing but rarely focuses on the healing that is required of adults to be an effective youth practitioner. Healing is an ongoing process that we all need, not just young people who experience trauma. The well-being of the adult youth worker is also a critical factor in supporting young people's well-being."

Dr. Shawn Ginwright, pioneer of the Healing-Centered Engagement framework¹

Dear caregiver, community builder, and changemaker,

Have you taken a moment for yourself today? We know you dedicate a lot of time and energy caring for others, and it can be tough to think about your own needs.

The Serenity Kit is here to support you, to affirm that self-care isn't selfish—it's a necessity. We looked at the latest research and listened to caregivers like you, to create something that can help you find moments of calm amidst the storm.

We know that your work is demanding, and some things are out of your control. This kit won't fix everything, but it's here as a reminder that you deserve moments of peace, rejuvenation, and self-care.

*In solidarity,
A caring supporter, with guidance from Thrivology*

How to Use This Kit

- 1 Take a deep breath and remember: you deserve rest.
- 2 Start by reading this card; it holds the intention behind this kit.
- 3 Explore the various sensory items included in this kit.
- 4 Think about how these sensory items can best support your journey toward healing, whether you're on the move, crafting a comfy spot at home, or carving out a special nook in your office.
- 5 Refer to the Serenity Kit Research Card to learn more about the research supporting the benefits of the sensory items in this kit.
- 6 Enjoy your rest and sanctuary!



What's Inside

Within every Serenity Kit is an experience for the senses: a **sight**, a **sound**, a **texture**, a **scent**, and a **taste**. Engaging with the five senses has been shown to be a non-invasive, autonomous, and empowering way to support healing and trauma-informed care.²

Disclaimer

This kit was built by following the steps in Thrivology's guide, "How to Build Your Own Serenity Kit." Some items in this kit may not be suitable for everyone. Please check for allergens or sensitivities before use. Healthy Teen Network is not responsible for any adverse reactions or complications that may arise from the use of this kit.



Thrivology brings you the latest research on how to provide the very best sexual and reproductive health education and care, so young people may thrive. Learn more about our resources for youth-supporting professionals at www.thrivology.com.

"It is about infusing healing into the DNA of our systems so that the people who make up the systems can bring their whole, human selves to the important work they do to care for others. And when these people, from system leaders to providers and caregivers, are able to show up whole and human—it changes everything."

Excerpt from *Healing Systems: Reflections on the First Four Years of Trauma Transformed*³



References

- 1 Ginwright, S. (2020, December 9). *The future of healing: Shifting from trauma informed care to healing centered engagement*. Medium. <https://ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>
- 2 Scanlan, J. N., & Novak, T. (2015). Sensory approaches in mental health: A scoping review. *Australian Occupational Therapy Journal*, 62(5), 277-285.
- 3 Taylor, JT., & de León, S. (2018, September). *Healing systems: Reflections on the first four years of Trauma Transformed*. Trauma-Transformed. https://traumatransformed.org/documents/Healing-Systems_Reflections-on-Trauma-Transformed.pdf

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