

Serenity Kit Research Card

Each Serenity Kit contains something to see, hear, touch, smell, and taste. The checked items below are included in this Serenity Kit, supported by their corresponding research that provides a deeper understanding of each item's significance.



See



Art prints

Exploring art can reduce stress, inspire mindfulness, and foster creativity.¹



Hear



Sound machine

Listening to nature sounds can lower heart rate, improve mood, and have a positive effect on stress recovery.²



Egg shaker, or any musical instrument

Making music offers a creative outlet for expressing and processing emotions, fostering calm and mindfulness.³



Smell



Essential oil

Aromatherapy can improve relaxation, stress relief, mood, and balance.⁴



Dried flowers, herbs, tea leaves, or coffee beans

Nature scents can promote feelings of relaxation, safety, and comfort.⁵



Touch



Worry stone

Holding a worry stone, rubbing it between your thumb and index finger, can serve as a calming and self-soothing fidget tool.⁶



Clay, play dough, or kinetic sand

The process of handling and sculpting materials like clay can reduce negative mood.⁷



Taste



Tea bags

Brewing and drinking tea can reduce stress and promote relaxation.⁸

¹ Armstrong, J. (2022, December 10). How explorations of art, trauma-informed principles and contemplative practices can come together to support well-being and nervous system regulation. *Medium*.

² Song, I., Baek, K., Kim, C., & Song, C. (2023). Effects of nature sounds on the attention and physiological and psychological relaxation. *Urban Forestry & Urban Greening*, 86, 127987.

³ Garrido, S., Baker, F. A., Davidson, J. W., Moore, G., & Wasserman, S. (2015). Music and trauma: The relationship between music, personality, and coping style. *Frontiers in Psychology*, 6, 977.

⁴ Aćimović, M. (2021). Essential oils: Inhalation aromatherapy—a comprehensive review. *Journal of Agronomy, Technology and Engineering Management*, 4(2), 547-557.

⁵ Pálsdóttir, A. M., Spendrup, S., Mårtensson, L., & Wendin, K. (2021). Garden smellscape—experiences of plant scents in a nature-based intervention. *Frontiers in Psychology*, 12, 667957.

⁶ Persia, J. (2023). *Examining the impacts of subtle fidget jewelry on anxiety, stress, and attention*. [Honors thesis, University of North Carolina at Chapel Hill]. Carolina Digital Repository.

⁷ Henricson, M., Ersson, A., Määttä, S., Segesten, K., & Berglund, A. L. (2008). The outcome of tactile touch on stress parameters in intensive care: a randomized controlled trial. *Complementary Therapies in Clinical Practice*, 14(4), 244-254.

⁸ Steptoe, A., Gibson, E. L., Vounonvirta, R., Williams, E. D., Hamer, M., Rycroft, J. A., ... & Wardle, J. (2007). The effects of tea on psychophysiological stress responsivity and post-stress recovery: a randomised double-blind trial. *Psychopharmacology*, 190, 81-89.