

**The Serenity Room
is a research-backed,
sensory experience
for you to explore,
relax, and find your
inner serenity.**



*Learn more about the
Serenity Room*



Share your thoughts

**We hope you enjoyed the
Serenity Room!**

*Please take the lavender sachet and either a
Thrivology Calm Strip or a worry stone with you! Try
to build in least one of these sensory practices
in your daily routine. Engaging your senses and
using sensory objects can promote mindfulness
and self-care!*

thrivology.com

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THE **Serenity Room**

PRESENTED BY

thriv·ol·o·gy



welcome



STEP 2

See: Look around the space—what do you see?

Engaging with artwork has been found to reduce stress, inspire mindfulness, and foster creativity.⁴ The act of viewing art:

- Encourages a moment of contemplation,
- Allows for immersion in the aesthetic experience,
- Diverts attention from stressors, and
- Promotes reflection.^{5,6}

STEP 3

Hear: Take a moment to pause—what do you hear?

The therapeutic effect of nature sounds has been recognized as a potent strategy for stress recovery and coping with trauma.⁷ Listening to nature sounds:

- Evokes a sense of calmness and connection with the natural world,
- Provides a comforting and grounding experience, and
- Improves mood and cognitive performance.⁸

STEP 4

Smell: Explore the stations around the room—what can you smell?

Smell one of the lavender sachets. Using aromatherapy has been shown to be effective at relaxation, stress relief, mood enhancement, and balance.⁹ Studies have shown that when we are exposed to pleasant olfactory stimuli, we experience:

- Positive emotions,
- Overall improvement in mood,
- Improved alertness and focus, and
- Enhanced memory retention.¹⁰

STEP 5

Touch: At your station, find something that you can touch.

Feel one of the Thrivology Calm Strips or worry stones. Worry stones can serve as a calming and self-soothing fidget tool that offers a sense of stability and security.¹¹ Studies have shown that tactile interventions can:

- Reduce anxiety,
- Improve comfort, and
- Activate the parasympathetic nervous system, which counteracts the physiological effects of stress and anxiety.¹²

The Serenity Room draws on the research and sensory elements of the Serenity Kit, a thoughtfully curated and research-backed collection of sensory objects designed for youth-supporting professionals to promote self-care, healing, and sense of safety in the workplace.

We invite you to experience the Serenity Room and nurture your well-being, so you are better prepared to foster authentic, trusting, healing-centered, and trauma-informed connections with young people. We suggest steps to engage your senses and help you learn more about the research behind these trauma-informed and healing-centered practices. For a full sensory experience, we recommend completing all the steps, but please, move through the room as you are able and how it works best for you.

STEP 1

Taste: Help yourself to a snack.

Brewing and drinking tea have been shown to reduce stress and promote relaxation.¹ Tea drinking has also been shown to:

- Improve mood and work performance,
- Promote a sense of safety and grounding,² and
- Decrease tension and/or anxiety.³

