



Serenity Moments

A Step-by-Step Guide to Facilitating Serenity Moments

Thrivology translates research to practice to create practical resources youth-supporting professionals can use in the real world.

Self-Care Is a Necessity

We know you work hard, devoting so much time and energy caring for others. You carry the heavy burden of the trauma you encounter in your work, along with the weight of your lived experiences. Amidst busy schedules and demanding responsibilities, it can be hard to prioritize your own healing. And workplaces don't always have enough support and resources for processing trauma and nurturing emotional well-being. All of this can impede your ability to provide care effectively¹.

Self-care isn't selfish—it's a necessity. When we looked at the latest research and listened to youth-supporting professionals, we knew we needed to create the [Serenity Kit](#). This thoughtfully curated kit of sensory objects is designed for youth-supporting professionals, promoting self-care, healing, and a sense of safety in the workplace.

We wish we could mail everyone a Serenity Kit (you can get the step-by-step instructions to build your own). But in the meantime, we want to make self-care a little easier, so we created Serenity Moments. Serenity Moments are ready-to-go activities designed to create space in the workplace for a structured pause, allowing you to engage with a sensory experience and self-care.

Follow this facilitation guide to create a Serenity Moment in a team setting, or use it independently to create space for sensory experiences. Facilitate Serenity Moments in team meetings or during informal gatherings. If you lead these meetings, consider adding a Serenity Moment to the agenda. For those who do not lead these meetings, this guide is a resource you can share with leaders to request Serenity Moments or to introduce Serenity Moments yourself. As you advocate for these moments, the next few pages provide information on the benefits of these moments and an easy guide for implementation.

Engage the Senses for Healing

Engaging with the five senses is a non-invasive, autonomous, and empowering way to support healing and trauma-informed care. Research has demonstrated the profound impact of engaging with the senses—sight, sound, touch, smell, and taste—for healing². Notably, numerous studies highlight the role

¹ Cavanagh, N., Cockett, G., Heinrich, C., Doig, L., Fiest, K., Guichon, J. R., ... & Doig, C. J. (2020). Compassion fatigue in healthcare providers: A systematic review and meta-analysis. *Nursing ethics*, 27(3), 639-665.

² Scanlan, J. N., & Novak, T. (2015). Sensory approaches in mental health: A scoping review. *Australian Occupational Therapy Journal*, 62(5), 277-285.

of sensory engagement in enhancing therapeutic relationships and trust between providers and staff.³ By integrating sensory experiences into self-care practices, research has shown that we can process and regulate emotions more holistically.⁴ Sensory-based interventions are particularly effective in trauma-informed care, as these sensory experiences help create a safe and regulated environment, fostering healing and reducing the risk of re-traumatization.⁵ Within every Serenity Kit is an experience for the senses: a sight, a sound, a texture, a scent, and a taste. Similarly, with the Serenity Moment, we invite you to engage a sense and foster healing.

The Guide

We've created five Serenity Moments for you to create an experience engaging each of the five senses—sight, sound, touch, smell, and taste. Use one or all, in any order you choose:

- [See](#)
- [Hear](#)
- [Touch](#)
- [Smell](#)
- [Taste](#)

With each Serenity Moment, we have created a complete facilitation guide (below), with notes on preparation, suggestions for materials, step-by-step instructions, and [optional slides for visual cues](#) (download the slides separately, on our website). From start to finish, you have everything you need to facilitate a Serenity Moment.

A note on facilitation: as you select a Serenity Moment to facilitate, consider the accessibility needs of your team. If a sensory experience would be limiting, triggering, or retraumatizing for a team member, consider an alternative or skip this sensory experience altogether.

Feedback

We're always looking for ways to improve our work and make sure we are creating practical, accessible, user-friendly resources. We'd love to hear your thoughts on the Serenity Moments Guide, once you've had a chance to try them. We welcome you to share your feedback:

www.HealthyTeenNetwork.org/Thrivology/Resources/Serenity-Moments/

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www.HealthyTeenNetwork.org/Thrivology/Resources/Serenity-Moments/

³ Moore, K. (2016). Following the evidence: Sensory approaches in mental health.
https://www.sensoryconnectionprogram.com/pdf/follow_the_evidence.pdf

⁴ Shapiro, S. L., Brown, K. W., & Biegel, G. M. (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology*, 1(2), 105–115. <https://doi.org/10.1037/1931-3918.1.2.105>

⁵ Moore, K. (2016). Following the evidence: Sensory approaches in mental health.
https://www.sensoryconnectionprogram.com/pdf/follow_the_evidence.pdf



Serenity Moment: See

Engaging in visual observation, especially of artworks, has been found to offer a multifaceted approach to well-being by reducing stress, inspiring mindfulness, and fostering creativity.⁶ The act of intentional visual observation encourages a moment of contemplation, allowing us to immerse ourselves in the aesthetic experience and divert our attention from stressors. This contemplation promotes reflection, creating a mental space for present-moment awareness, with positive implications for mental well-being.^{7,8}

Create a Serenity Moment: See

Preparation

For this activity, you will need an item that you and your team members can see. You may provide an item to see, or send out a message ahead of time and ask team members to bring something they can observe.

Consider visual abilities among your team: you may want to select or invite team members to bring an object that can be both seen and felt, such as a textured piece of artwork or a textured craft. Alternatively, you may want to ask your team members for suggestions to ensure the activity is accessible for all present.

Suggestions for the See Item

- Printed photograph
- Digital photograph (e.g., on one's phone)
- Digital art with positive affirmations (e.g., [Framed Mini Art Prints by Morgan Harper Nichols | Society6](#))
- Poster or slide with artwork
- Postcard(s) with artwork or a photograph
- Bookmark(s) with artwork or a photograph

⁶ 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. <https://medium.com/viewfinder-reflecting-on-museum-education/how-explorations-of-art-trauma-informed-principles-and-contemplative-practices-can-come-together-a5321ff74b3f>

⁷ Denham, I. P. (1993). The power of the word. Positive affirmation as self-healing, reshaping or remodelling technique: A dissertation. The Union Institute.

⁸ Mastandrea, S., Fagioli, S., & Biasi, V. (2019). Art and psychological well-being: Linking the brain to the aesthetic emotion. *Frontiers in Psychology*, 10, 739.

Facilitation Guide

Use this guide to support creating a Serenity Moment in a group setting. We provide a sample script, which you may adapt to fit your voice and team.

Note: Because the Serenity Moment is an activity designed to be embedded within an existing meeting and its infrastructure, we do not include steps for other standard facilitation practices, such as setting group agreements.

Topic	Details and Script Recommendation	Timing
Introduction & Purpose	<p>Introduce the activity.</p> <ul style="list-style-type: none"> To start [or close] our meeting, we are going to do a Serenity Moment—a quick and intentional sensory experience. Today’s activity is all about sight, which is why you have <i>[insert see item, e.g., artwork, photograph]</i> in front of you. <p>Explain the purpose of the activity.</p> <ul style="list-style-type: none"> I know you all work hard, devoting so much time and energy caring for others. We carry the heavy burden of the trauma we encounter in our work, along with the weight of our lived experiences. Amidst busy schedules and demanding responsibilities, it can be hard to prioritize our own healing. Workplaces don’t always have enough support and resources for processing trauma and nurturing emotional well-being. All of this can impede our ability to provide care effectively. This Serenity Moment will give us both the space and resources to practice a moment of self-care right here and now. Also, it’s a tool we can use in the future, outside of this space. 	1 minute
Serenity Moment	<p>Facilitate the tasting activity.</p> <p>Minute One: Observe</p> <ul style="list-style-type: none"> First, begin by looking at the object or image. Take a moment to gaze at it. Let your eyes wander over the entire piece, taking in the general impression. What is your first impression of this object or image? What stands out to you initially? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> Now start to examine the features. Start to focus on specific details. Notice the colors, shapes, lines, and textures. Observe how different elements interact and connect. How do the colors, shapes, and textures interact? What details do you notice as you look closer? <p><i>[pause for 30 seconds]</i></p>	3 minutes

	<p>Minute Two: See</p> <ul style="list-style-type: none"> • Now look at the entire image or object. What details did you miss the first time? What’s in the foreground? The background? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Pay attention to the techniques used by the artist or creator. Observe brush strokes, shading, lighting, or any other artistic methods. What techniques can you identify in this artwork? How do these techniques contribute to the overall effect? <p><i>[pause for 30 seconds]</i></p> <p>Minute Three: Reflect</p> <ul style="list-style-type: none"> • Notice your emotional reactions to the image or object. Does it evoke any specific feelings or memories? How does it make you feel? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Consider why you might be drawn to certain aspects. How does this image or object resonate with your personal experiences or tastes? <p><i>[pause for 30 seconds]</i></p>	
Reflection	<p>Debrief the activity.</p> <p><i>Use some or all of the following questions in a quick large-group discussion. Ask the question and give space and time for team members to respond.</i></p> <ul style="list-style-type: none"> • How did it feel to observe the image or object so attentively? How is it different from how you usually view art? • How did this activity make you feel? • How could you use this activity outside this space? • What are signs, or indicators, in your day that you might want to use this activity? 	1 minute



Serenity Moment: Hear

Hearing nature sounds has been recognized as a potent strategy for stress recovery and coping with trauma,⁹ as these sounds—as well as other sounds, such as white noise or music—can provide a comforting and grounding experience, offering solace and a gentle pathway towards healing.¹⁰

Additionally, creating sounds or music can be a powerful avenue for stress relief and coping with trauma. The process of making music, whether through playing instruments, singing, or composing, offers us a creative outlet for expressing and processing complex emotions. The rhythmic and melodic elements of music have been shown to positively impact mood, reduce stress levels, promote mindfulness, and divert attention from distressing thoughts.¹¹

Create a Serenity Moment: Hear

Preparation

For this activity, you will need an item that you and your team members can hear. You may provide an item to hear or send out a message ahead of time and ask team members to bring something they can hear. Consider whether you want participants to feel calmed or energized. Calm sounds, such as nature sounds, can promote emotional regulation; upbeat sounds, such as music or instrument playing, can lead to increased energy.

Consider hearing abilities among your team: you may want to select a different Serenity Moment if not all members of your team can hear sound. Alternatively, you may want to ask your team members for suggestions to ensure the activity is accessible for all present.

Suggestions for the Hear Item

- White noise machine
- Nature sounds video and speaker (e.g., [8 Hours Relaxing Nature Sounds - River Noise and Birdsong \(youtube.com\)](#) or a nature sounds Spotify or Apple Music playlist)
- Personal instrument (e.g., wooden egg shaker, mini kalimba, sliding flute)
- Music playlist and speaker or personal listening device

⁹ 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.

¹⁰ Ratcliffe, E. (2021). Sound and soundscape in restorative natural environments: A narrative literature review. *Frontiers in Psychology*, 12, 570563

¹¹ 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.

Facilitation Guide

Use this guide to support creating a Serenity Moment in a group setting. We provide a sample script, which you may adapt to fit your voice and team.

Note: Because the Serenity Moment is an activity designed to be embedded within an existing meeting and its infrastructure, we do not include steps for other standard facilitation practices, such as setting group agreements.

Topic	Details and Script Recommendation	Timing
Introduction & Purpose	<p>Introduce the activity.</p> <ul style="list-style-type: none"> To start [or close] our meeting, we are going to do a Serenity Moment—a quick and intentional sensory experience. Today’s activity is all about listening, which is why we have <i>[insert item here (e.g., white noise machine, a nature sounds video, personal instruments)]</i> in front of you. <p>Explain the purpose of the activity.</p> <ul style="list-style-type: none"> Our work is demanding and requires a tremendous amount of time and effort. I understand that you all dedicate yourselves tirelessly to caring for others. We carry the heavy load of the trauma we encounter in our roles, along with the weight of our personal experiences. We can often experience compassion fatigue and can feel run down. With our hectic schedules and numerous responsibilities, finding time for our own healing can be a challenge. Workplaces often lack adequate support and resources for processing trauma and nurturing emotional well-being, which can hinder our ability to provide effective care. This Serenity Moment offers us an opportunity to practice self-care right here and now, providing a tool we can use in the future, beyond this space to center healing. 	1 minute
Serenity Moment	<p>Facilitate the listening activity.</p> <p>Minute One: Observe</p> <ul style="list-style-type: none"> Direct your full attention to the sounds you hear. Notice the different layers and elements. Simply listen without trying to analyze or label the sounds. Let the sounds wash over you and observe them as they come and go. <ul style="list-style-type: none"> If it’s music, pay attention to the instruments, the rhythm, and the melody. If it’s nature sounds, notice the variety of noises, like birds chirping or leaves rustling. <p><i>[pause for 30 seconds]</i></p>	3 minutes

	<ul style="list-style-type: none"> • What different sounds can you identify? How do they interact with each other? <p><i>[pause for 30 seconds]</i></p> <p>Minute Two: Hear</p> <ul style="list-style-type: none"> • Become aware of how your body and mind react to the sounds. Do certain sounds evoke emotions or memories? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • How does your body feel as you listen? Notice where in your body you can feel the sound, and bring your attention to it. <p><i>[pause for 30 seconds]</i></p> <p>Minute Three: Reflect</p> <ul style="list-style-type: none"> • Gradually bring your awareness to the silence or the ambient sounds that remain when I stop the sound. <p><i>[Stop the sound or instruct people to stop playing music]</i></p> <ul style="list-style-type: none"> • Notice the contrast between the sound and the silence or softer sounds. How does the silence or ambient sounds make me feel compared to the other sounds? <p><i>[pause for 30 seconds]</i></p>	
Reflection	<p>Debrief the activity.</p> <p><i>Use some or all of the following questions in a quick large-group discussion. Ask the question and give space and time for team members to respond.</i></p> <ul style="list-style-type: none"> • How did it feel to listen so attentively? How is it different from how you usually listen? • How could you use this activity outside this space? • What are signs, or indicators, in your day that you might want to use this activity? 	1 minute



Serenity Moment: Touch

Studies have shown that tactile interventions have a positive impact on reducing anxiety, improving comfort, and activating the parasympathetic nervous system.¹² When you activate the nervous system in this manner, your body experiences a relaxation response, counteracting the physiological effects of stress and anxiety. Moreover, tactile experiences can be grounding, offering a sense of stability and security.

Create a Serenity Moment: Touch

Preparation

For this activity, you will need an item that you and your team members can touch. You may provide an item to touch, or send out a message ahead of time and ask team members to bring something they can touch.

Consider abilities among your team: you may want to select a different Serenity Moment if not all members of your team can touch an object. Alternatively, you may want to ask your team members for suggestions to ensure the activity is accessible for all present.

Suggestions for the Touch Item

- Worry stone
- Calm Strips
- Clay, putty, or kinetic sand
- Textured breaking or grounding stickers
- Any fidget toy

Facilitation Guide

Use this guide to support creating a Serenity Moment in a group setting. We provide a sample script, which you may adapt to fit your voice and team.

Note: Because the Serenity Moment is an activity designed to be embedded within an existing meeting and its infrastructure, we do not include steps for other standard facilitation practices, such as setting group agreements.

¹² 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.

Topic	Details and Script Recommendation	Timing
Introduction & Purpose	<p>Introduce the activity.</p> <ul style="list-style-type: none"> To start [or close] our meeting, we are going to do a Serenity Moment—a quick and intentional sensory experience. Today’s activity is all about touch, which is why you have <i>[insert touch item, e.g., calm strip, worry stone, fidget toy]</i> in front of you. <p>Explain the purpose of the activity.</p> <ul style="list-style-type: none"> Our work is demanding and requires a tremendous amount of time and effort. I understand that you all dedicate yourselves tirelessly to caring for others. We carry the heavy load of the trauma we encounter in our roles, along with the weight of our personal experiences. We can often experience compassion fatigue and can feel run down. With our hectic schedules and numerous responsibilities, finding time for our own healing can be a challenge. Workplaces often lack adequate support and resources for processing trauma and nurturing emotional well-being, which can hinder our ability to provide effective care. This Serenity Moment offers us an opportunity to practice self-care right here and now, providing a tool we can use in the future, beyond this space to center healing. 	1 minute
Serenity Moment	<p>Facilitate the touch activity.</p> <p>Minute One: Observe</p> <ul style="list-style-type: none"> Pick up the object and just hold it in your hand. Without moving your hands too much, just let the object rest in your palms and notice the initial sensations. What are your first impressions of this object? How does it feel in your hands? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> Pay attention to the weight of the object. Is it heavy? Is it light? Is it sticky? Do you feel a temperature change? <p><i>[pause for 30 seconds]</i></p> <p>Minute Two: Touch</p> <ul style="list-style-type: none"> Start to explore the object with your fingers, noticing the various textures, temperatures, and shapes. Feel every edge, curve, and surface detail. What different textures and details can you feel? How do these textures change as you move your fingers over the object? <p><i>[pause for 30 seconds]</i></p>	3 minutes

	<ul style="list-style-type: none"> • Pay attention to the temperature of the object. Is it cool or warm? Does playing with it change the temperature? <p><i>[pause for 30 seconds]</i></p> <p>Minute Three: Reflect</p> <ul style="list-style-type: none"> • Notice any physical or emotional reactions you have as you continue to explore the object. Does it bring up any memories or feelings? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Gradually expand your awareness to the feeling of the object in the context of your whole hand and then your body. How does this focused touch affect your overall sense of presence? How does focusing on the object affect your overall sense of presence and awareness of your body? <p><i>[pause for 30 seconds]</i></p>	
Reflection	<p>Debrief the activity.</p> <p><i>Use some or all of the following questions in a quick large-group discussion. Ask the question and give space and time for team members to respond.</i></p> <ul style="list-style-type: none"> • How did this activity make you feel? • How could you use this activity outside this space? • What are signs, or indicators, in your day that you might want to use this activity? 	1 minute



Serenity Moment: Smell

Studies have shown that when we are exposed to pleasant scent stimuli, we can experience positive emotions and an overall improvement in mood. Aromatherapy has been shown to be effective for relaxation, stress relief, mood enhancement, and balance.¹³ Furthermore, the positive impact of pleasant odors goes beyond emotional well-being to positively influence cognitive performance by promoting alertness, improving focus, and even enhancing memory retention.¹⁴

Create a Serenity Moment: Smell

Preparation

For this activity, you will need an item that you and your team members can smell. You may provide an item to smell, or send out a message ahead of time and ask team members to bring something they can smell.

Consider smelling abilities among your team: you may want to select a different Serenity Moment if not all members of your team can smell. Alternatively, you may want to ask your team members for suggestions to ensure the activity is accessible for all present.

Suggestions for the Scent Item

- Essential oil
- Dried herbs
- Coffee beans
- Tea leaves
- Mini candles

Facilitation Guide

Use this guide to support creating a Serenity Moment in a group setting. We provide a sample script, which you may adapt to fit your voice and team.

Please be aware that smell can be a particularly triggering sense for some individuals. Certain smells can evoke strong emotions or distress because of their close connection to the brain's limbic system, which is involved in emotion and memory. We suggest that those who prefer not to engage with the scents can instead observe the objects visually and share their thoughts on the appearance and what they imagine the scents might be like. This way, everyone can participate in a way that feels safe and

¹³ Aćimović, M. (2021). Essential oils: Inhalation aromatherapy—a comprehensive review. *Journal of Agronomy, Technology and Engineering Management*, 4(2), 547-557.

¹⁴ Johnson, A. J. (2011). Cognitive facilitation following intentional odor exposure. *Sensors*, 11, 5469-5488.

respectful. If you do have participants share a negative reaction to this experience with you, acknowledge this and provide additional resources for grounding, like deep breathing.

Note: Because the Serenity Moment is an activity designed to be embedded within an existing meeting and its infrastructure, we do not include steps for other standard facilitation practices, such as setting group agreements.

Topic	Details and Script Recommendation	Timing
Introduction & Purpose	<p>Introduce the activity.</p> <ul style="list-style-type: none"> To start [or close] our meeting, we are going to do a Serenity Moment—a quick and intentional sensory experience. Today’s activity is all about smell which is why you have <i>[insert smell item, e.g., essential oil, coffee beans, candle]</i> in front of you. If you have difficulty smelling this object for any reason, please do this activity instead by observing the object with your eyes or hands. Scent can have a strong connection to emotions, so please take care of yourself and engage with this activity differently if you cannot or do not want to engage with this scent. <p>Explain the purpose of the activity.</p> <ul style="list-style-type: none"> I know you all work hard, devoting so much time and energy caring for others. We carry the heavy burden of the trauma we encounter in our work, along with the weight of our lived experiences. Amidst busy schedules and demanding responsibilities, it can be hard to prioritize our own healing. Workplaces don’t always have enough support and resources for processing trauma and nurturing emotional well-being. All of this can impede our ability to provide care effectively. This Serenity Moment will give us both the space and resources to practice a moment of self-care right here and now. Also, it’s a tool we can use in the future, outside of this space. 	1 minute
Serenity Moment	<p>Facilitate the smell activity.</p> <p>Minute One: Observe</p> <ul style="list-style-type: none"> First, begin by looking at the object. Move the object around and look at it. What do you think it will smell like? Will it be earthy or floral? Deep and rich or subtle and light? Natural or synthetic? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> Now smell the object. Bring it close to your nose and gently inhale. What are your first impressions of this scent? What stands out to you initially? 	3 minutes

	<p><i>[pause for 30 seconds]</i></p> <p>Minute Two: Smell</p> <ul style="list-style-type: none"> • Take slow, deep breaths, inhaling the scent fully. Focus on the different layers and nuances of the smell. What different notes or layers can you detect in this scent? How do they evolve with each breath? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Pay attention to any physical sensations the smell might evoke. How does the scent make you feel? Does it affect your breathing, mood, or physical state? What changes do you notice in your breathing or mood? <p><i>[pause for 30 seconds]</i></p> <p>Minute Three: Reflect</p> <ul style="list-style-type: none"> • Notice any emotional reactions or memories that the scent might prompt. Does it remind you of a specific place, person, or time? What emotions or memories does this scent evoke? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Consider why this scent might be significant to you. How does focusing on the smell affect your overall sense of presence and awareness? <p><i>[pause for 30 seconds]</i></p>	
Reflection	<p>Debrief the activity.</p> <p><i>Use some or all of the following questions in a quick large-group discussion. Ask the question and give space and time for team members to respond.</i></p> <ul style="list-style-type: none"> • How did it feel to focus on smell so attentively? • How is it different from how you usually experience scents? • How could you use this activity outside this space? • What are signs, or indicators, in your day that you might want to use this activity? 	1 minute



Serenity Moment: Taste

Engaging the sense of taste can provide a way for individuals to reconnect with their bodies and navigate the healing journey. Tea drinking specifically has been shown to reduce stress, promote relaxation,¹⁵ and improve mood and work performance, as well as promote a sense of safety and grounding¹⁶ and decrease tension and/or anxiety.¹⁷

Create a Serenity Moment: Taste

Preparation

For this activity, you will need an item that you and your team members can taste. You may provide an item to taste, or send out a message ahead of time and ask team members to bring something they can taste.

It is crucial to ensure the items brought are safe for everyone to enjoy. Before the meeting, ask about allergies and provide a disclaimer about any potential allergens.

Suggestions for the Taste Item

- Tea bags and hot water
- Coffee
- Pastries
- Assorted candies or mints

Facilitation Guide

Use this guide to support creating a Serenity Moment in a group setting. We provide a sample script, which you may adapt to fit your voice and team.

Note: Because the Serenity Moment is an activity designed to be embedded within an existing meeting and its infrastructure, we do not include steps for other standard facilitation practices, such as setting group agreements.

¹⁵ 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.

¹⁶ Bryan, J., Tuckey, M., Einöther, S. J., Garczarek, U., Garrick, A., & De Bruin, E. A. (2012). Relationships between tea and other beverage consumption to work performance and mood. *Appetite*, 58(1), 339-346.

¹⁷ Gil, N. (2019, December 9). The Importance of trauma-informed design. *Forbes*. <https://www.forbes.com/sites/forbesnonprofitcouncil/2019/12/09/the-importance-of-trauma-informed-design/?sh=3f26f5f96785>

Topic	Details and Script Recommendation	Timing
Introduction & Purpose	<p>Introduce the activity.</p> <ul style="list-style-type: none"> To start [or close] our meeting, we are going to do a Serenity Moment—a quick and intentional sensory experience. Today’s activity is all about taste, which is why you have <i>[insert taste item, e.g., tea, coffee, candy]</i> in front of you. <p>Explain the purpose of the activity.</p> <ul style="list-style-type: none"> I know you all work hard, devoting so much time and energy caring for others. We carry the heavy burden of the trauma we encounter in our work, along with the weight of our lived experiences. Amidst busy schedules and demanding responsibilities, it can be hard to prioritize our own healing. Workplaces don’t always have enough support and resources for processing trauma and nurturing emotional well-being. All of this can impede our ability to provide care effectively. This Serenity Moment will give us both the space and resources to practice a moment of self-care right here and now. Also, it’s a tool we can use in the future, outside of this space. 	1 minute
Serenity Moment	<p>Facilitate the tasting activity.</p> <p>Minute One: Observe</p> <ul style="list-style-type: none"> First, begin by looking at the food <i>[or drink]</i>. Hold the food in your hand and observe it closely. Notice its color, shape, texture, and any other details. How does it feel in your hand? Can you feel a temperature? Is it smooth, rough, soft, or hard? <p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> Next, smell the food. Bring it close to your nose and take a deep breath. Notice the aroma. What does this smell like? How does the smell make you feel? Do you notice any memories or emotions associated with it? <p><i>[pause for 30 seconds]</i></p> <p>Minute Two: Taste</p> <ul style="list-style-type: none"> Now take a small bite <i>[or sip]</i>. Let it sit on your tongue. Notice the immediate sensations—the taste, the texture, the temperature. What does it taste like and does this change throughout the experience? How does the texture feel? Is the temperature hot, cold, or somewhere in between? 	3 minutes

	<p><i>[pause for 30 seconds]</i></p> <ul style="list-style-type: none"> • Now, chew [drink] and swallow slowly. Notice how the texture changes and how the flavors develop. Pay attention to every detail of the experience. How does it feel against your teeth and gums [or throat]? <p><i>[pause for 30 seconds]</i></p> <p>Minute Three: Reflect</p> <ul style="list-style-type: none"> • Close your eyes and take a deep breath. Reflect on the experience. How did this food make you feel? How did it feel to eat the food so mindfully? How is it different from how you usually eat? <p><i>[pause for 30 seconds]</i></p>	
Reflection	<p>Debrief the activity.</p> <p><i>Use some or all of the following questions in a quick large-group discussion. Ask the question and give space and time for team members to respond.</i></p> <ul style="list-style-type: none"> • How did this activity make you feel? • How could you use this activity outside this space? • What are signs, or indicators, in your day that you might want to use this activity? 	1 minute