

Healing is a Human Right

The Sanar Institute is dedicated to healing individuals and communities impacted by trauma. Sanar's Wellness Center supports survivors of interpersonal violence in an empowering and safe space to provide services that move beyond trauma experiences to a life that is fully thriving.

We serve survivors of complex trauma including:

- Sexual Violence
- Human Trafficking
- Sexual Abuse
- Child Abuse
- Intimate Partner Violence
- Families in the System of Care
- Individuals Marginalized Based on Gender Identity and/or Sexual Orientation



Our Services Include:

- Trauma Therapy
- Mindfulness
- Animal-Assisted Therapy
- Trauma-Sensitive Yoga
- Expressive Art Therapy
- Trauma Informed Training
- Organizational Wellness Plans

Sanar Institute

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www.sanar-institute.org

The Cool Down Kit

A Sensory Resource for Wellness

Scan through your five senses:

- For each sense, choose an item that may remind you to return to the present moment through that sense.
- Gather your items and find a nice bag, box or basket to hold all five of them.
- Use your Cool Down Kit to help relax, self-soothe, and regulate your emotions.
- Have fun with your items as they remind you that you are in the present and you have control of what receives your attention and action.

How it helps:

- A gentle reminder that we are safe simply because we are in the present and not in the past.
- When we're naturally triggered, this is a helpful way to return to the present.

Sight



Smell



Sound



Taste



Touch



*Here's what might be
in a Cool Down Kit:*

Sight: An Old Photo

Smell: Travel Size Soap

Hear: Small Seashell

Taste: Piece of Gum

Touch: Lucky Penny

We hope you find the Cool Down Kit helpful. To learn about more trauma response management skills and our services, visit our website.

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