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## Free 5-Minute Stress Relieving Toolkit

### Welcome

If stress has become your new normal, you're not alone-and you don't have to power through it. Whether you're navigating deadlines, caregiving, or the emotional toll of modern life, this toolkit is your science-backed pause button.

These tools are designed for busy professionals and high-achievers who crave relief now but also want to build long-term resilience. Everything here draws from evidence-based psychology, somatic therapy, mindfulness-based nutrition, and Dr. Supatra Tovar's integrated work at ANEW Insight.

### 1. Somatic Reset: The 5-4-3-2-1 Grounding Method

When anxiety or overwhelm spikes, we often disconnect from the body. This sensory grounding practice brings you back into the present moment using your five senses.

Try This:

- 5 things you can see
- 4 things you can feel (feet on the floor, fabric on skin)
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste or imagine tasting

Why it works: This technique helps deactivate your sympathetic nervous system (fight-or-flight) and brings online the parasympathetic system (rest-and-digest).

## 2. Mindfulness Micro-Moment: The 'Box Breath' Technique

This Navy SEAL-approved practice calms the nervous system, regulates cortisol, and improves focus-perfect before a big meeting or difficult conversation.

Try This:

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts Repeat for 4 rounds.

Why it works: Controlled breathing signals to your body that you're safe, slowing heart rate and shifting you into a more regulated state.

## 3. Blood Sugar Check-In

Stress and erratic eating often go hand in hand-especially when we skip meals, rely on caffeine, or grab sugary snacks.

Ask yourself:

- When was the last time I ate?
- Did I include protein and fiber in that meal or snack?
- Am I running on stress hormones alone?

Your 5-Minute Fix:

- 1 apple + almond butter
- Hummus + baby carrots
- Hard-boiled egg + handful of berries
- Handful of mixed nuts + herbal tea



Why it works: Balanced blood sugar reduces cortisol spikes, prevents emotional eating, and keeps your brain online-so you can think clearly under pressure.

### **Integrate and Repeat**

These tools work beautifully on their own, but even better together. Use them during a five-minute break or pick one that matches your moment. The more often you use them, the easier it becomes to access calm and clarity-even in chaos.

### **Want More? Go Deeper with Me**

If you're ready to not just manage stress, but transform your relationship with food, your body, and your mind, my award-winning book and video course can guide you every step of the way.

Book: Deprogram Diet Culture

Course: Deprogram Diet Culture Online Program

Visit [anew-insight.com](http://anew-insight.com) to explore the course, book, podcast, and free healing resources.

### **Quick Reference Guide**

<b>Tool</b>	<b>Time Needed</b>	<b>Purpose</b>
5-4-3-2-1 Grounding	2-3 min	Calm anxiety, reconnect with the body
Box Breathing	1-2 min	Regulate nervous system, boost focus
Blood Sugar-Friendly Snack	1 min	Prevent energy crashes, reduce reactivity

#### **About Dr. Supatra Tovar**

As the only licensed clinical psychologist who is also a registered dietitian and fitness expert, Dr. Supatra Tovar brings a unique, integrative approach to mental health. She specializes in helping clients manage anxiety, chronic stress, depression, trauma, eating difficulties, and autism by blending evidence-based psychotherapy with somatic and mindfulness practices that support whole-person healing.

#### **About ANEW Insight**

ANEW stands for Advanced Nutrition and Emotional Wellness. At ANEW Insight, we help busy professionals reclaim their health using integrated tools from psychology, nutrition, and fitness-so they can feel better in their bodies and live more fulfilling lives.

