

Grounding & Stress Reduction Tools for Daily Use

These simple tools can help reduce daily stress, improve focus, and create a sense of calm—whether you're on the job or at home.



1. Deep Breathing (4-7-8 Technique)

- Inhale through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale slowly through your mouth for 8 seconds
- Repeat 3–4 times or as needed to calm the body



2. The 5-4-3-2-1 Technique: Use your five senses to reconnect to the present moment:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This helps slow racing thoughts and anchor your mind and body.



3. Color-Focus Exercise Pick any object (e.g., a photo, a tree, anywhere).

Look closely and name out loud (or in your head) as many different colors, shades, or textures as you can find.

This trains your brain to slow down and stay grounded in the moment.

Tip: These tools are most effective when used regularly, even for just a minute or two.



(626) 250-0705



@Alejandro_Sandoval_Therapy



www.SandovalTherapy.com



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