

5 STEPS TO CREATE CALM

Reduce stress and reclaim
valuable time for yourself, so
you can be fully present for
your loved ones.





START PRIORITISING YOURSELF, MAINTAIN YOUR IDENTITY AND SET CLEAR BOUNDARIES

When was the last time you did something just for yourself?

Do you feel there are not enough hours in the day to get everything done? Are you rushing around, waking up exhausted, and struggling to keep up?

Prioritising me-time and self-care is not a luxury - it is essential. When you take time for yourself, you will feel happier, healthier, and more confident. Setting clear boundaries helps protect your identity and prevents the frustration and overwhelm that so many parents experience.





WELCOME

Here are five practical steps to help you create calm and regain balance. You deserve to sleep better, have more energy, and enjoy guilt-free me-time.

Stress is a normal part of life, but when it overwhelms you, it can affect every aspect of your health and happiness.

Let's take a step back and restore balance.





S T E P

1

CALMING THE CHAOS

Stress can cloud your thoughts, drain your energy, and disrupt your focus. Begin by clearing mental clutter:

- Write down everything on your mind. Seeing it on paper gives perspective.
- Prioritise tasks and let go of what's unnecessary.
- Celebrate small wins as you tick off tasks - it is motivating!

TAKE ACTION:

Start a daily habit of jotting down your thoughts and tasks to reduce overwhelm and regain clarity.



S T E P

2

VAGUS NERVE

Your vagus nerve connects your brain to your body and helps calm the "fight or flight" response. Simple activities can soothe your nervous system:

- Practice deep belly breathing.
- Hum, sing, or laugh - these activate the vagus nerve.
- Try cold water therapy (e.g., a splash of cold water on your face).

TAKE ACTION:

Incorporate one calming practice into your daily routine to reset your nervous system.



S T E P

3

NOURISH YOUR BODY

Your gut health plays a crucial role in managing stress and maintaining energy. What you eat can either fuel or deplete you:

- Focus on whole grains, colourful vegetables, and lean protein.
- Avoid sugary, processed foods.
- Include Omega-3-rich foods (like salmon or walnuts) and fermented foods (e.g., yoghurt or kimchi).

TAKE ACTION:

Plan meals that include a variety of nourishing, colourful ingredients.



S T E P

4



REST AND DIGEST

Sleep and relaxation are not indulgences; they are necessities. Shift your body out of stress mode:

- Create a wind-down routine before bed.
- Prioritise 6-8 hours of uninterrupted sleep.
- Make time for joyful activities - even just 10 minutes a day.

TAKE ACTION:

Write down three things that make you happy and find ways to incorporate them into your week.

S T E P



5

SUSTAIN YOUR ENERGY

Running on adrenaline is unsustainable. To feel energised all day, fuel your body mindfully:

- Eat protein with every meal.
- Hydrate with at least 1 litre of water daily.
- Move your body in ways you enjoy, even if it is a short walk.

TAKE ACTION:

Schedule regular meals, movement, and hydration breaks throughout your day.

7 DAY CHALLENGE



Small, intentional steps can lead to significant change. Try this:

Day 1: Identify a stress trigger. Reflect: What could you learn or do differently?

Day 2: Write down an affirmation to keep you motivated (e.g., “I am in control of my actions and decisions”).

Day 3: Practise deep breathing - 4 slow breaths every time you make tea or coffee.

Day 4: Activate your vagus nerve intentionally (e.g., sing, hum, or try cold water therapy).

Day 5: Do one thing your tired self will thank you for (e.g., take a nap, relax with a book).

Day 6: Practise mindful eating. Sit down, chew slowly, and savour the flavours.

Day 7: Create a colourful, nourishing meal. Appreciate how it fuels your body.

MEET YOUR COACH



My passion is to help busy parents manage stress, balance their responsibilities, and find guilt-free me-time. Whether you are a working parent or on duty 24/7 at home, you deserve to feel calm, healthy, and fulfilled.

As a certified Health Coach, I provide personalised support to help you take actionable steps towards the life you want.

Let's work together to reclaim your time and energy.

Bettina Lobley, Health & Lifestyle Coach

Contact Me:

Email: thehealthrolemodel@gmail.com

WhatsApp: +44 7491102927



CLIENT TESTIMONIALS



"I can easily say these were the most rewarding health coaching sessions I have had. The value that I have received through our coaching sessions is immeasurable."

Harsha, Abu Dhabi

"It was easy to achieve my goals, because Bettina had such a calming way about her. I not only enjoyed my sessions but learned so much, which I know will help me in the future."

Ramona, Dubai

"Bettina has gone the extra mile to help me, during and in between sessions, to achieve my goals. The experience has been fantastic and I would definitely recommend her as a health coach."

Patricia, UK

"Bettina is a great instructor and very engaging. She treats her clients with lots of sensitivity and is very aware of her client's needs."

Hassan, Abu Dhabi