

HAYES PANTRY GUIDES

Calm in the Chaos

3 Simple Ways To Manage Stress



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HELLO & WELCOME!

Grab a coffee, kick back and
dive into your Hayes Pantry
Guide for some easy,
insightful tips!



My name is Rashmi and I am the founder of
Hayes Pantry, your resource for all things
nutrition, wellbeing and sustainable living!

When you have no time to stop and think,
where do you start with making changes
that will help you better cope with the
inevitable stresses that life brings?

Thank you for downloading this ebook
'Calm in the Chaos - 3 Simple Ways to
Manage Stress'. This short guide will
answer the above question by offering you
three simple, actionable steps to do
precisely that.

Life gets hectic when you're balancing
work, family, and everything in between.
Stress, unfortunately, is part of the

equation, but it doesn't have to be overwhelming.

By making simple changes to your diet and lifestyle, you can nourish your body and mind, giving you the energy and resilience to handle whatever life throws your way.

These tips are designed for people like you, who know that the route to a healthy, happy, long life is through eating more real food, sleeping well, doing the things that bring you joy and being part of a positive impact in the world around you — so let's dive in!

TIP NO 1: BREAKFAST

START YOUR DAY ENERGISED WITH A PROTEIN-BASED BREAKFAST.



Starting your day with a well-balanced, protein-rich breakfast is one of the easiest ways to stay energised and focused throughout the day.

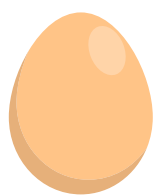
WHY IT MATTERS:

A breakfast high in protein helps regulate your blood sugar, giving you steady energy without the crashes that come from high-carb or sugary meals. When your blood sugar spikes after eating sugary cereals, pastries or toast, you experience a burst of energy, followed by a crash that can leave

you tired, hangry, and craving more of the same.

If you regularly skip breakfast altogether, then you increasingly start the day with your blood sugar levels already in deep dive making it more likely you seek out a quick carb or sugar fix. Over time, this blood sugar rollercoaster is exhausting for your body and keeps you in a vicious cycle of stress and anxiety because your body is constantly in 'fight or flight' mode juggling your blood sugar levels.

Instead of your usual breakfast routine, try these energising breakfast swaps:



Eggs any way: fried, scrambled, boiled or made into an omelette with some veggies like spinach and tomatoes



Mackerel: a super nutrient-rich fish, perfect when paired with avocado and a side of leafy greens.



Nutty Granola: make a homemade granola, easy on the oats and heavy on the nuts and seeds. Add some raw honey and fruit, and pair it with Greek yogurt or a plant-based alternative.



Leftovers: Who says breakfast has to be traditional? Leftover chicken, roasted vegetables, or even a stir-fry from last night can make a fantastic morning meal



QUICK TIP:

If your mornings are rushed, prepare your breakfast the night before. Overnight oats, pre-boiled eggs, or making extra dinner for breakfast leftovers can save you time while ensuring you eat something nourishing.

TIP NO 2: LOW-CARB

EAT THREE SATISFYING, LOW-REFINED CARB MEALS A DAY



When life gets busy, we all grab quick, convenient meals that are easily available and ‘do the job’. But then we struggle with lethargy and irritability. By focusing on three nutrient-rich meals a day, you can feed your body what it needs, keeping your energy levels stable and making it easier to handle your hectic day.

WHY IT MATTERS:

Refined carbs—such as white bread, pasta, wraps, biscuits, pastries and sugary snacks—may quickly quell a hunger pang, but

they're easily digested by your body and flood your blood stream with sugar raising your body's stress levels. These foods also leave you hungry and fatigued soon after.

By choosing meals rich in vegetables, healthy fats, and proteins, you can stay fuller for longer and avoid blood sugar spikes. Plus, nutrient-dense meals give your body the vitamins and minerals it needs to thrive, helping you build resilience to stress, support overall health and reduce your vulnerability to today's lifestyle-related diseases.

Here are some meal suggestions:

For Meat/Fish Eaters:



Grilled chicken with quinoa, roasted vegetables, and leafy greens drizzled with olive oil and lemon. This meal balances protein, healthy fats, and fibre for sustained energy.

For Vegetarians:



A hearty lentil and vegetable curry with cauliflower rice and a spoonful of natural yogurt. The lentils provide protein, while the curry's spices boost digestion and immunity.

For Vegans:



Warm chickpea and avocado salad with mixed greens, roasted sweet potatoes and a tahini dressing. This meal is rich in fibre, healthy fats and plant protein.



QUICK TIP:

Batch cook your meals on weekends to save time during the week. Preparing a big batch of roasted veggies or a large pot of lentil stew can give you easy access to healthy meals when life gets hectic. Plus always cook with flavours you love — eating boring, tasteless food is the quickest way to fall off the wagon.

TIP NO 3: FIND JOY

INCORPORATE A JOYFUL HOBBY INTO YOUR ROUTINE



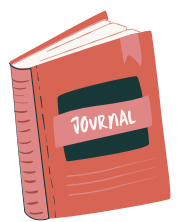
If your work consumes your whole life, there is no escape from the vicious stress cycle. It's essential to make some time (whatever you can squeeze in) for activities that bring you joy and that make you feel like your authentic self. Hobbies aren't just for fun - they're an integral part of stress management and emotional wellbeing.

WHY IT MATTERS:

Engaging in a joyful activity, even for just 30 minutes a week, gives your mind a chance to reset. When you allow yourself to

get absorbed in an activity you love doing, your brain gets a much-needed mental break from the pressures of daily life: the anxiety, the deadlines, the 'to-do' list, that critical inner voice. This mental break can also over time help to give you a fresh perspective on those daily pressures, a mental breather to perhaps re-think priorities or figure out a better way to do something.

Try one of these hobbies, even if it's out of your comfort zone (that's when the magic happens!):



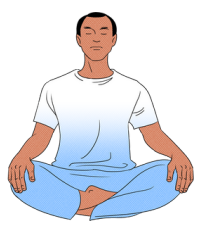
Creative Writing/Journalling: A great way to process your thoughts and emotions, journalling can help you de-stress by getting your thoughts out of your head and onto paper.



Gardening: Getting your hands dirty in the soil and tending to your own plants is both grounding and relaxing, whether you have a window basket or a veggie plot. It gives you the chance to connect with nature even from home.



Playing/Listening to Music: Whether you're a novice or looking to revive an old interest, music can soothe, fill and re-energise your mind. And as a bonus, learning music will retrain your brain, keeping it cognitively healthier as you get older.



Yoga/Dance/Walking in nature: If these activities are more your thing, they are a great choice as they combine physical movement with mindfulness, helping to de-stress both your body and mind.



Painting/Crafting/DIY: Expressing your creativity through art or making something by hand is a great way to change your focus into a positive activity. You don't need to be an expert — just enjoy the process and find your flow!



QUICK TIP:

Make your hobby a non-negotiable part of your schedule, even if it's just once a week. Treat it like an important meeting with yourself that you can't cancel!

A FINAL RECAP:

You might be thinking that these changes are not enough to make a noticeably positive difference to how you feel, but I promise you that they are! Why not try just one of these tips and see for yourself? If you can eventually incorporate all three tips, even better — you will be giving your body a more stable foundation to defend against negative stress symptoms and the all-too-common cascading health consequences that chronic stress brings. By making small, manageable changes like switching to a protein-based breakfast, eating low-refined carb meals, and dedicating time to a joyful hobby, you can dramatically reduce your stress levels and improve your overall wellbeing.

Remember, taking care of yourself isn't selfish—it's ESSENTIAL! When you feel well and happy in your own skin, you can show up more fully in all areas of your life, from your work to your relationships.



EXCITED TO KNOW MORE?

I worked for several years as a London based city lawyer before taking a career break that variously included a lot of travel, accompanying my husband to his career postings in Pakistan and Austria and parenting two children. Much of that was done whilst coping with several health challenges including IBS, two inflammatory autoimmune conditions and gallbladder problems. With the help of a nutritionist, I rebuilt my health and gained a whole new perspective on how food really can be the best medicine.

You can read more about my trial-and-error journey back to good health on my website: [Hayes Pantry - About Me](#)

If this Guide resonates with you, please stay in touch! You can connect with me on my social pages below to keep updated with my posts on all things nutrition, wellbeing and sustainable living.



WANT TO WORK WITH ME?

Are you ready to:



have more energy to keep up with your life?



wake up in the mornings having slept well?



stay focused and mentally sharp all day?



maintain a healthy weight for your body without counting calories?



have stronger immunity and feel less run down all the time?

Yes, nutritional therapy can really help with all the above and more! To learn about how I can help you to eat well to feel well, click [here](#).



HOPE
to
CHAT SOON!

Hayes Pantry
Nourish Naturally, Live Sustainably

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