

# ARTICLE ON **BURNOUTS!**



## Healing Burnout

### This is beyond fatigue—

This is a state of **mental, emotional, and physical drain** caused by long-term work stress. It kills creativity, saps energy, and makes even the simplest tasks very hard.

### And remote work?

While it offers flexibility, **remote employees face a 20% higher risk of burnout**, because literally there is no boundary or balance between personal and professional work.

Recognizing and addressing one's unique patterns can accelerate recovery and help maintain long-term well-being.



## AAYURVEDA OFFERS PERFECT BURNOUT SOLUTIONS BASED ON YOUR CONSTITUTION

### Vata (Wind/Space)

#### Burnout Symptoms and Tendencies

- Burnout leads to **anxiety, insomnia, restlessness and decision paralysis.**
- Though you tend to like **cold things, travel a lot, eat deep fried, spicy dry foods**
- Love to keep **awake late into night**, ditch them for warm, **bland foods**

#### Burnout Solutions

- calming routines like grounding asanas (**savasana, Malasana**) ample rest and **oil massages.**



**Malasana**



**Savasana**

# Pitta (Fire/Water)

## Burnout Symptoms and Tendencies

- Burnout shows as **irritability, anger, and digestive upsets.**
- Though your comfort things will be in indulging **spicy, sour foods**, shopping in late afternoon and keeping awake at night watching powerful movies

## Burnout Solutions

- Try doing soothing activities like **swimming/walking** in the garden in the evening
- Taking **cooling diets** like salads, sprouts, water veggies, green leafies and fruits.
- Regular **breaks in between work** help restore **balance.**
- **Hydration** works wonder for you and so is **seethali pranayama!**



Seethali pranayama

# Kapha (Water/Earth)

## Burnout Symptoms and Tendencies

- Burnout symptoms are **lethargy, low motivation and bed rot.**
- Burn out kapha Prakritis tend to become **gluttonous**, keep procrastinating and doomscrolling.

## Burnout Solutions

- **Uplifting heavier exercises** in outdoor or **sweat inducing exercises** at the gym, **light spicy meals** will be helpful.
- Should **avoid weekend afternoon sleeps.**



## Gut Health and Recovery

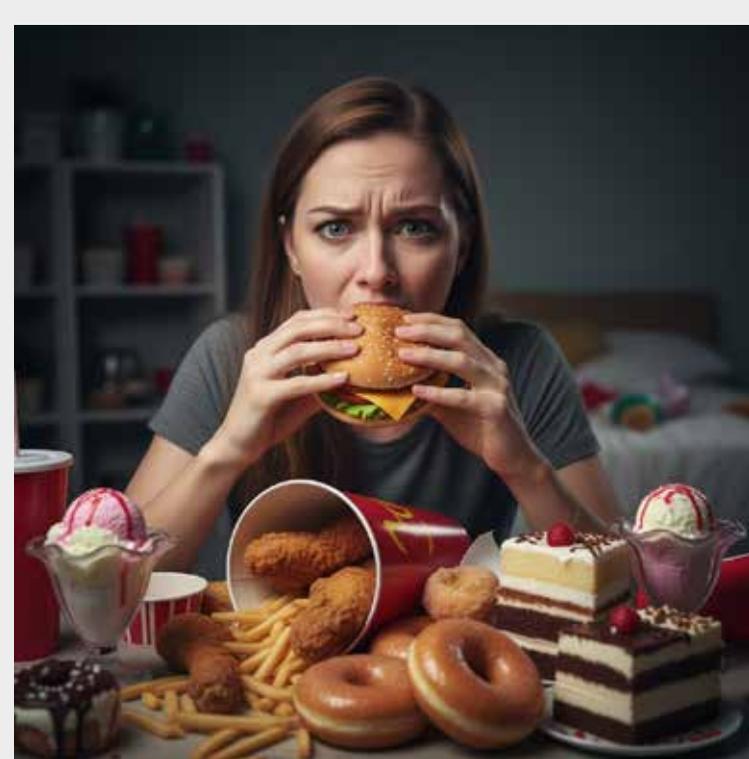
A healthy gut supports **better mood, energy, and immunity.** Fresh, healthy, balanced foods and fermented drinks help restore microbiome balance, while **reducing processed items aids digestion.**



## Body Cravings: Real Signals and Emotional Traps

Cravings for specific foods could indicate **nutrient deficiencies.**

**For example - chocolate** may reflect **magnesium** needs, or **salt** cravings could signal **sodium** or **electrolyte imbalance.**



- However, many cravings—especially for **high-sugar** or **high-fat “comfort foods”**—often arise from **stress or emotional triggers**, not real physical needs.
- Listen to genuine body cues and **choose nutritionally rich foods** to address actual deficiencies.
- **Pause before indulging comfort foods**; check if the **urge is emotional**. Instead, try **healthier alternatives** or **stress-relief routines**.

## Work–Life Alignment

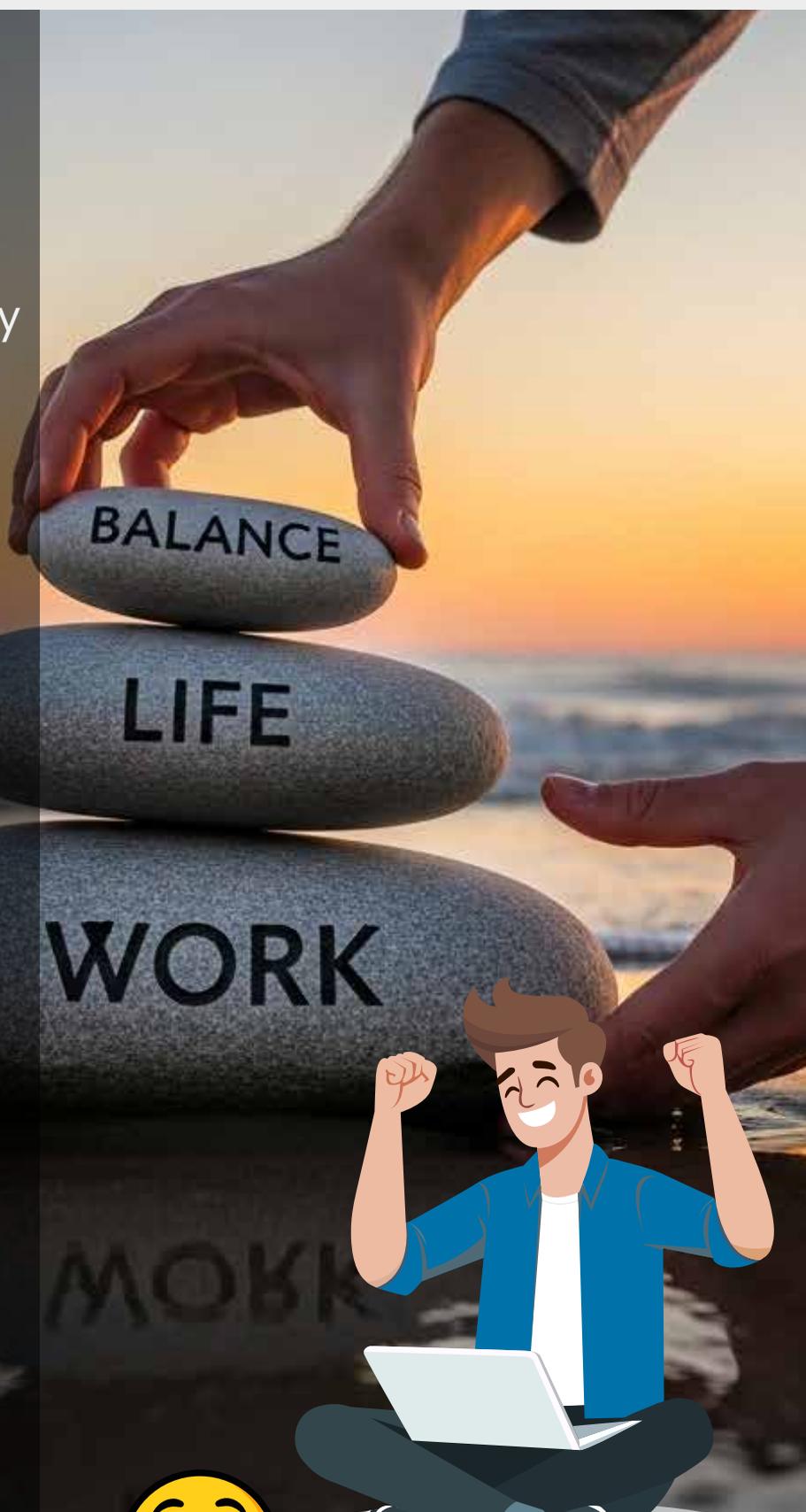
Achieving balance involves aligning routines with natural rhythms, **taking mindful pauses**, and not ignoring early **warning signs** of burnout.

Even short rituals—**deep breaths, gentle stretching, or herbal teas**—can break the stress cycle and support sustainable recovery.



# BURNOUT

**Burnout** isn't just personal—it's costly. It drains businesses of an estimated **\$322 billion** yearly.



**Taking care of physical and mental health is not optional; it's essential for productivity and joy.**

For doubts and queries, please reach out:

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