

THE AYURVEDIC GUIDE FOR REDUCING STRESS & BURNOUT



For the stressed and overwhelmed
healthcare professional

How to holistically relieve burnout
when you're bogged down
with patients and paperwork using a
simple 3 step process.

How NOT to cope with burnout #1 :
Why you shouldn't crash as soon as you get home...

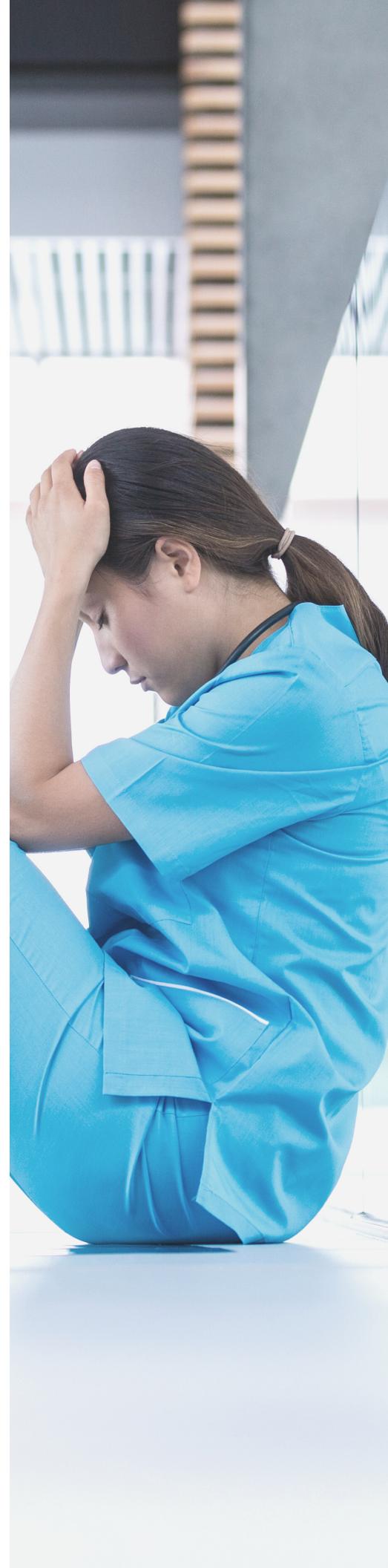
Ever get home and think "I am beyond exhausted"
then immediately seek the sweet relief of the couch?

Ever just want to zonk out to some mindless
entertainment on the TV because you're too mentally and
emotionally exhausted to deal with anything else?

Ever feel so exhausted at the end of a long day at work because you
are beyond the point of mental, physical and emotional exhaustion?

Ever finally slow down and cry tears of overwhelm because you have
never felt so exhausted, so run down and so mentally and
emotionally dead?

Ever try to explain your state of overwhelm and exhaustion to your
loved ones and feel like no words can ever describe how unhappy
and dissatisfied you are with your job?...but you **just want to help
people.**



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Sometimes these feelings of exhaustion didn't even hit me until the next day when I woke up at 5am, to get ready for another day of patients, or shall I say their medical records and check boxes that demand a timely input.

Let me introduce you to what's really going on.

The gunas are to blame.

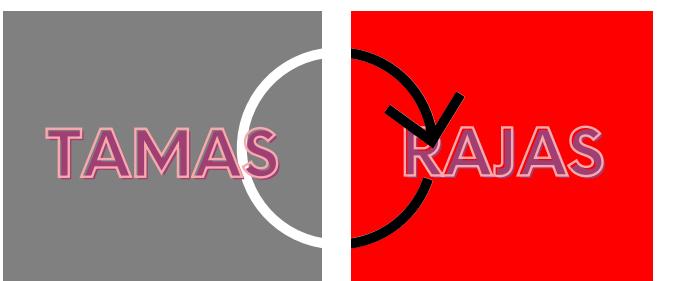
Gunas is a sanskrit word that describe the rates of change in all matter. There are 3 rates of change; rajas, tamas, sattva. **Rajas** is when you are going, going, going. When you're up on your feet, working with patients, your mind is in 7 different places at once while you're simultaneously praying to god that you don't screw up and cause something bad to happen to them. Even when you sit down to do paper-work your mind is going-going-going. When you get home you are exhausted and you collapse, this is **tamas**. Tamas means slowness, inertia, depression, nothingness. So, the couch or your bed or being a zombie in front of the TV with a glass of wine and take-out looks pretty damn attractive.

Being stuck in the cycle of rajas and tamas is burnout. You are constantly shifting from rajas to tamas in your mind and body which trickles out to your mental and emotional bodies. Meanwhile, your spiritual body is nowhere to be found.

You'll find it in **sattva**. Sattva is when you are in the flow, you are calm but attentive, you are completing tasks with ease and efficiency. Sattva is creativity, compassion, kindness, open, loving, caring, intelligence, humanitarian, development, direct. Sattva is the closest you will feel to your spirit in this physical plane. Your spirit is your truth, your consciousness, your higher self, that innate sense of confidence, wisdom and joy. It's the silent strength that is incomprehensible to any human language. When you are in a state of sattva, your mind becomes an instrument for your consciousness.

Find sattva, you don't deserve the ravages of the constant back and forth of rajas and tamas.

Connect with me [here](#) to leave burnout behind and find sattva



How NOT to cope with burnout #2: Why your yoga practice isn't working....

Yoga is **relaxing** they said...

Yoga is **exercise**, and exercise is good for stress they said...

Yoga poses **balance** mind, body and spirit they said...

Then why don't I feel like that?

What western cultures call yoga is much different than tradition. Yoga is not a workout, it is not an exercise, it is a philosophy. It is a way of life. It has much more to offer than the up and down movement of your arms and Instagram-able backbends.

Yes, asana, which is one of the limbs of yoga is the physical postures. These postures are meant to cultivate viveka. **Viveka** is discernment. It is about finding that grey area, that sweet spot between firm but comfortable. Between growth and acceptance. Between honesty and kindness. This is what cultivates a **sattvic mind**. Remember, sattva means that peace, joy and the satisfaction you are looking for.

This is the type of yoga that works, but it **cannot be learned in group stretch class**.

Also, as tradition states, yoga for adults is best **taught one on one**. One person's medicine is another person's poison. The same goes for yoga. It is imbalance specific. The way to treat an imbalance such as burnout is NOT through a group power vinyasa class.

Connect with me [here](#) to figure out the best type of yoga for your stress and burnout



75%

Of healthcare workers report they are burnt out or close to burnt out in a recent study.



How NOT to cope with burnout #3: Why the salads you eat for lunch while you are documenting make it worse...

Digestion is everything.

The qualities and energetics of the foods you eat and **HOW** you eat them effects digestion.

Most raw, cold, dry, light foods have an upward moving energy. The energetics of burnout and stress also have an upward moving energy. Like increases like, hence, this is not doing you any favors for your stress, anxiety, overwhelm and overall depletion of energy.

Also, you are most likely eating in front of your computer while simultaneously writing notes. For what? To meet productivity demands? So you wont have to do it later? That 30 minute lunch break is coming out of your daily hours anyways so what are you doing?

Everything is energy.

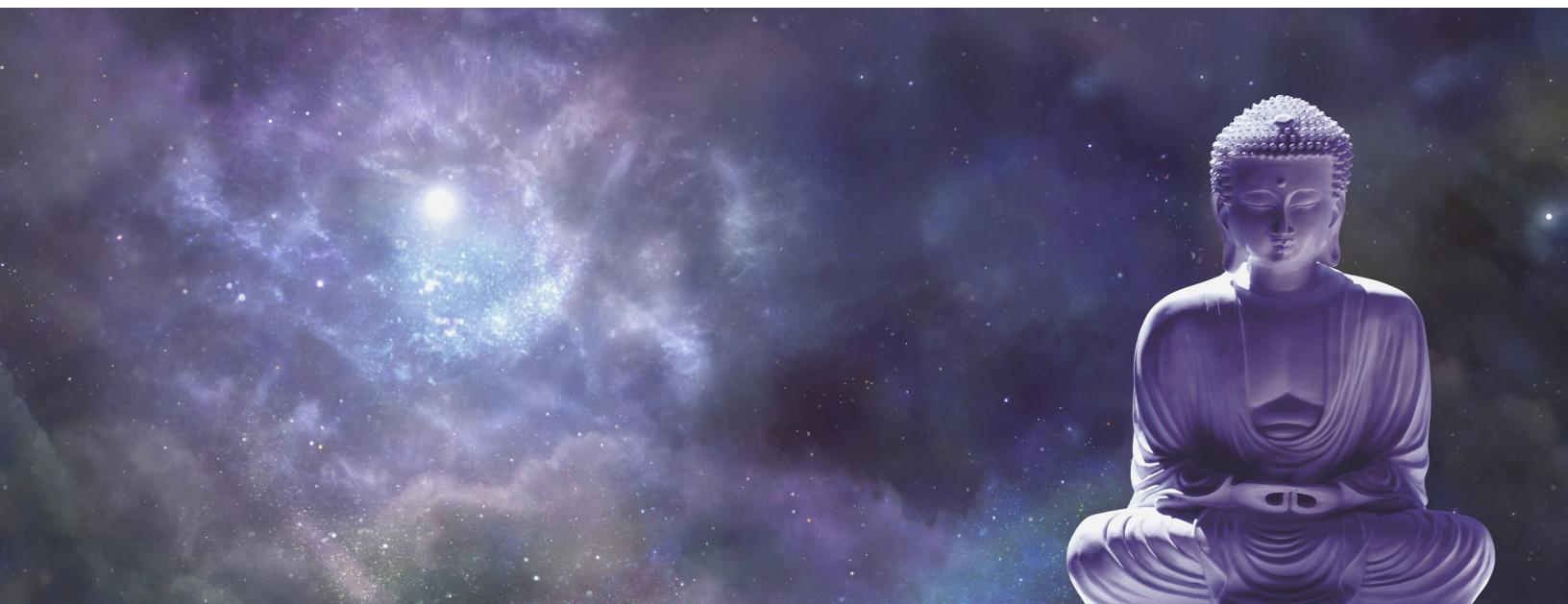
I will say it again. **EVERYTHING** is energy.

This includes the foods you eat and the energy you put into them *as you eat them*. If you are eating in front of your computer, frantically trying to check boxes for medicare, or writing notes to get them out of the way, you are putting that frantic energy into your food which is going into your body.

Take the 10-15 minutes it takes to eat your lunch- chew your food, every bite, and enjoy your meal. You deserve that 10-15 minutes, shoot, take the whole 30 minutes. It will make a **HUGE** difference in your day. Besides you're not getting "paid" for those hours anyway, but you will pay for it later mentally.

Remember- **one person's medicine is another person's poison**. It's so important to eat in support of your digestion and in a way that pacifies your individual body type. It might be beneficial for your friend who works from home, in a warm environment, from a computer, to have a salad or smoothie for lunch (although smoothies are often a no no in ayurveda) BUT, this will not be supportive for **YOU**. Cold raw foods with upward moving energy eaten in a cold environment with the AC blasting, while you're doing a bunch of other things at once is making your burnout, stress, and overwhelm worse.

Connect [here](#) to find out what foods are the best for your stress and burnout.



WHAT'S NEXT?

3 step process

1. **Get rid of toxins.**

Detox your body, mind, and spirit.

2. **Balance digestion.**

It's your second brain. The master system of the body. 80% of diseases arise due to faulty digestion. Burnout is no different.

3. **Take in "opposite" qualities.**

Peaceful music, smooth textures, deep diaphragmatic breaths, pleasant smells, nourishing food, and beautiful scenery.

Everything you take in should be harmonizing.

Burnout means that your coping mechanisms have failed you; they are insufficient for the pressures put on you.

Burnout depletes your energy reserves.

It's my hope that this guidebook will shift your current coping mechanisms and give you more clarity on how to revitalize your energy holistically.



My system is aimed to create sustainable relief from stress and burnout.

This system eliminates all of the guesswork in getting the relief you need to effectively treat your patients in a happy and satisfied way for years to come.

We are a family. I am here to support my medical family.

It's okay to not be okay.

If you'd like to chat further on how I can help you incorporate this system into your life, I'd love to talk to you. Feel free to check out my services and packages [here](#). There is never any pressure in my discovery sessions. My objective is to figure out where you're having the most trouble with and redirect your path so that you can have a life of happiness while fulfilling your purpose of healing others.

If you'd like to set up a session with me, follow the URL below:
www.bridgetteochoa.com

Feel free to send me an email (if you need anything) or if you just want to say 'thanks for the guidebook.'

Much love,

Bridgette Ochoa