

# Dosha Self Quiz



# ***Beyond Burnout:*** ***Cultivating Resilience & Joy in Healthcare***

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Elemental ~ Wellness

# Learning Objectives:

- Understand the prevalence and impact of stress and burnout among Health Care Providers
- Recognize your dominant Āyurvedic dosha(s) and how this awareness can inform your personalized self-care strategies
- Learn practical self-care strategies—breathing, movement, nutrition
- Cultivate self-awareness and self-compassion
- Build a sustainable wellness plan with practical tools that can be implemented immediately

# Burnout in Healthcare:

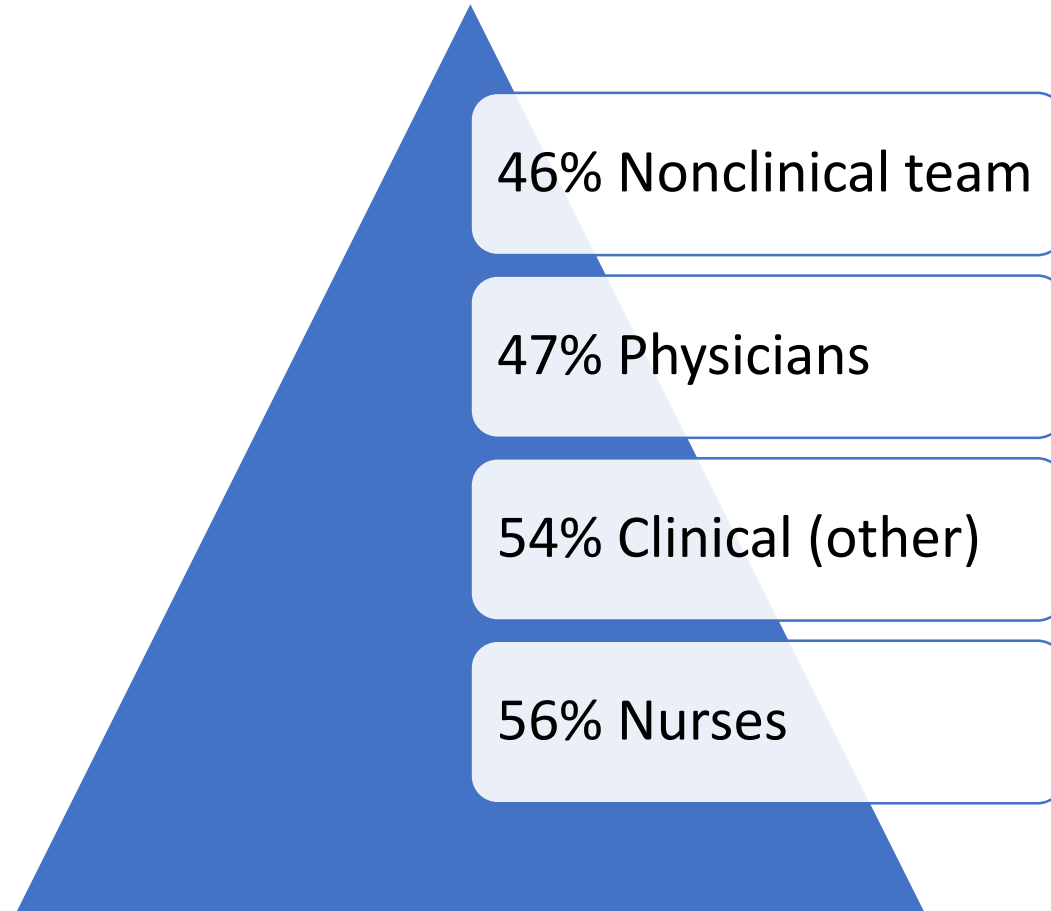
## Physical Health

- 20% : work contributed to physical pain (shoulder, neck, back, hips, joints, feet) from standing much of the day or sustaining static postures
- 19% : working in healthcare contributed to weight issues (16% unhealthy weight gain attributed to not enough time to eat healthy meals and not enough time/energy to exercise regularly; 3% lost weight due to stress)

## Mental Health

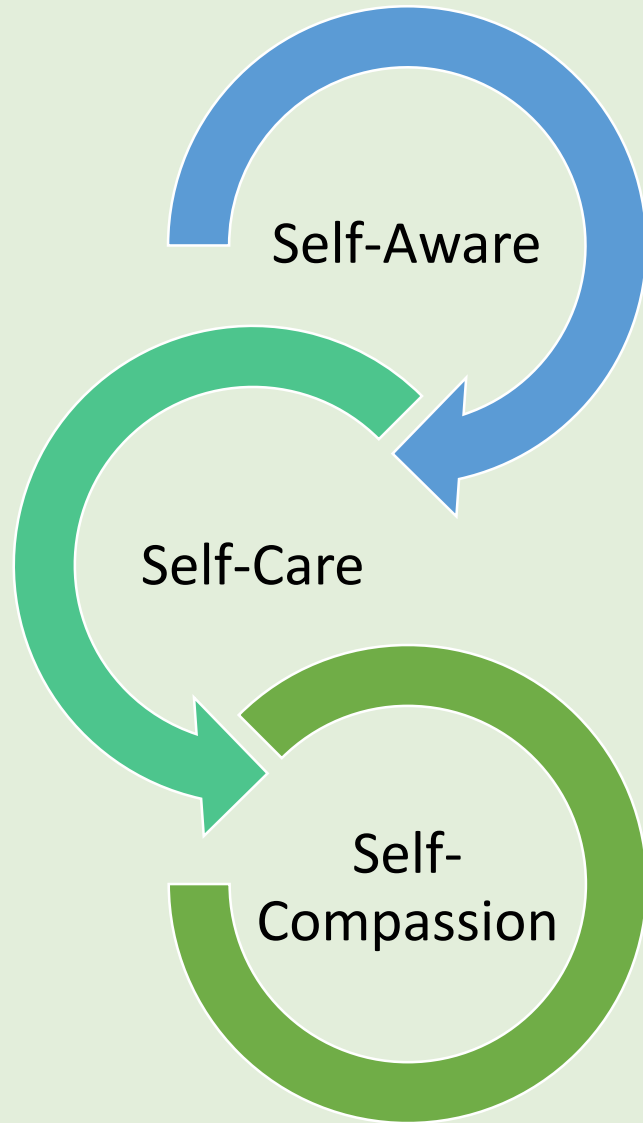
- 33% : work as HCP contributed to stress/frustration, worry/anxiety, loss of ambition, depression, and mental exhaustion
- 28% : work as HCP positively impacted health (“when you see patients, this prompts you to take better care of your health,” “motivates me to do some of the things I tell my patients to do,” “I feel like I have a purpose in life”)

# Overall Burnout ~50%



According to the 2024 ADA Council on Communications Trend Report, >82% of dentists report major career stress





What do I need  
right now?



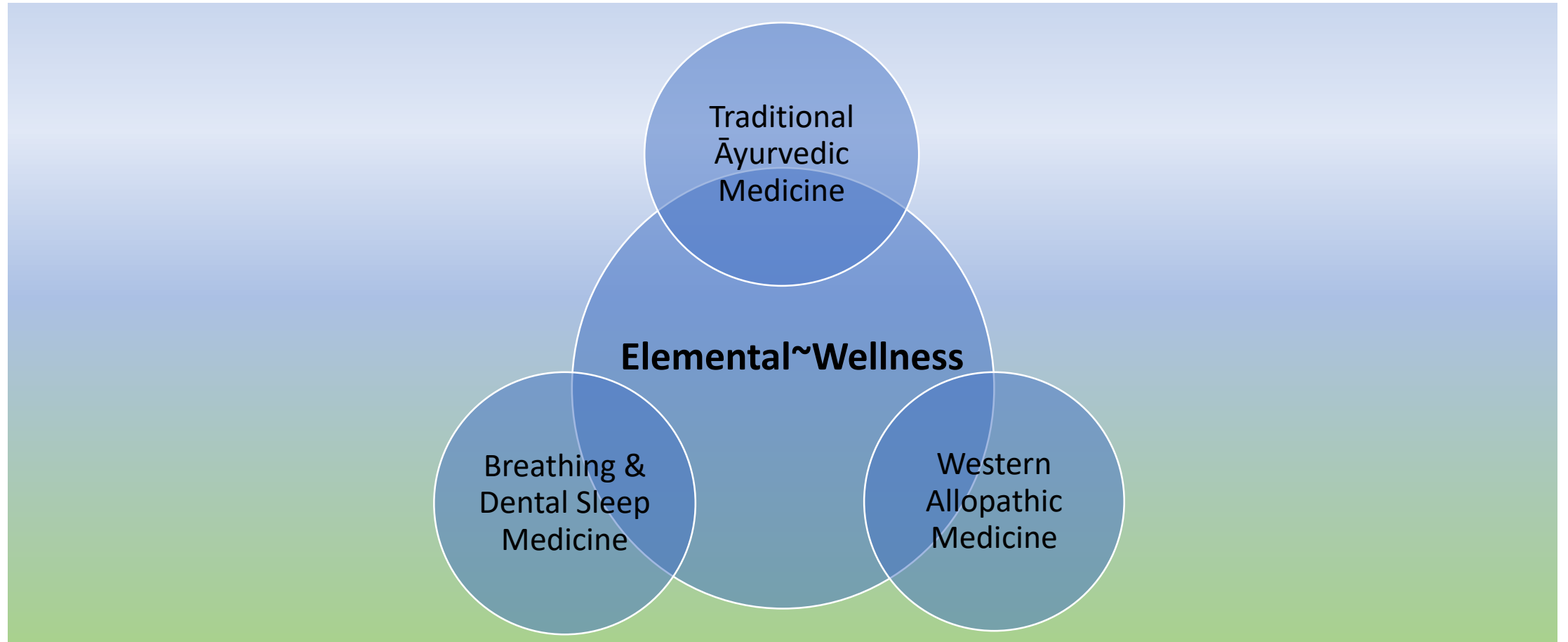
## Dosha Self Quiz

Self-Aware -> Self-Care-> Self-Compassion

And the ability to be more aware, caring,  
and compassionate with those we care for!



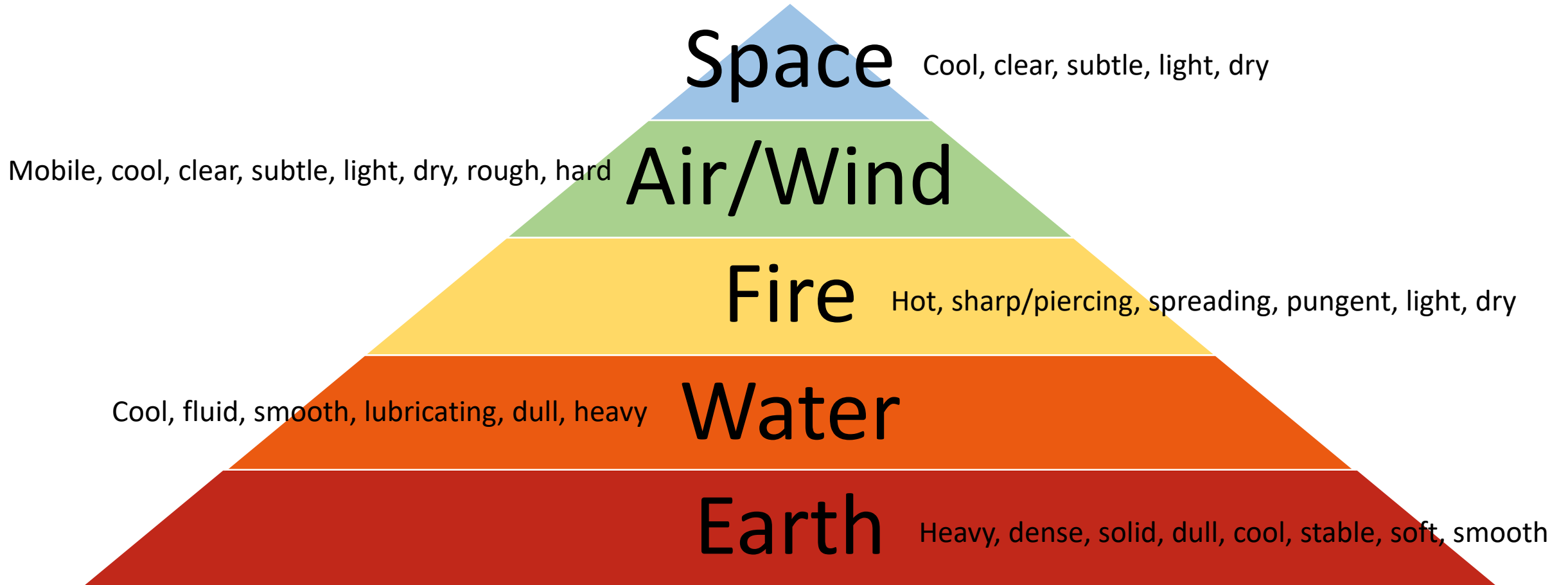
# What is Elemental-Wellness???



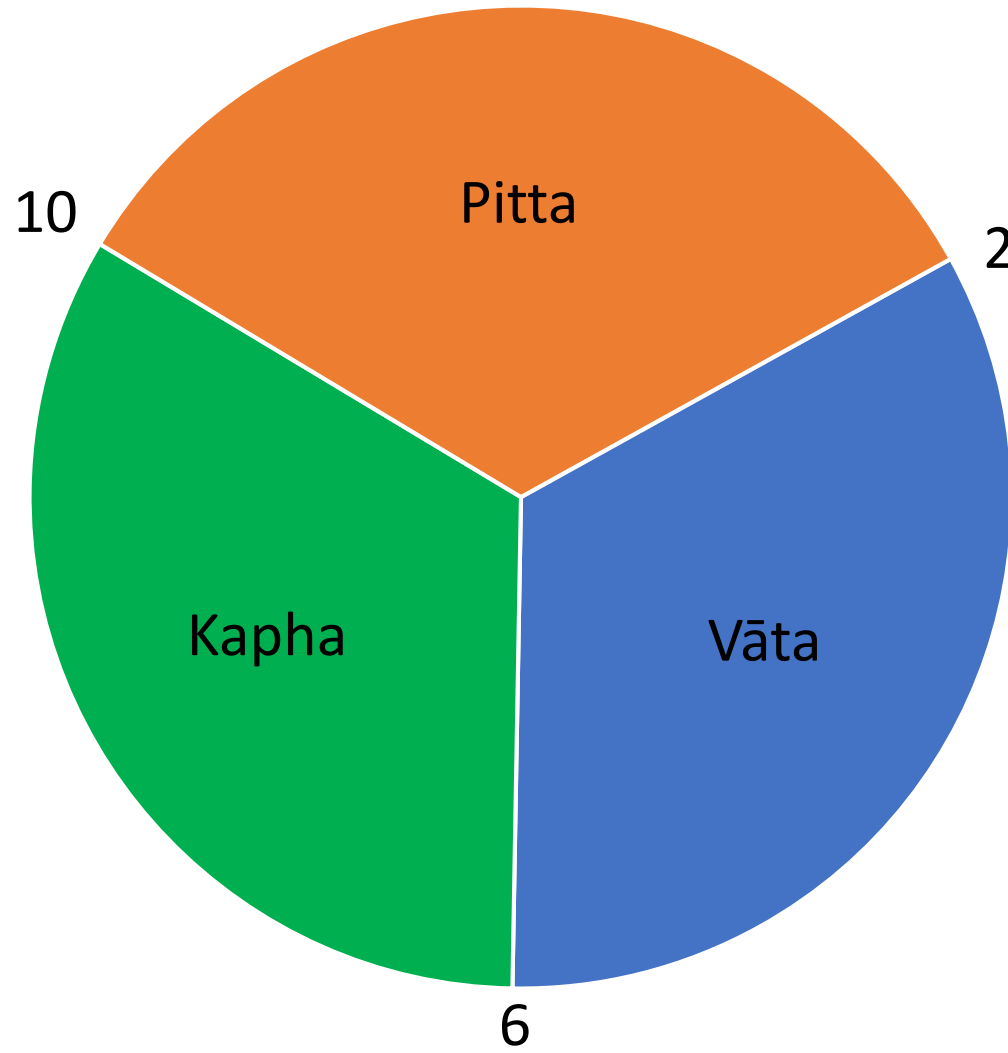
# What is Āyurveda??



# Five Great Elements (Panca Mahā Bhutas)



# Dosha="Fault"



# Vāta = Air (+ Space)

~ Qualities ~

*light, clear, subtle, rough, cool, dry, **mobile***

~ Physical traits ~

slight build, fine features, perpetual motion

*\*Ectomorph\**

~ Mental traits ~

learn (and forget) quickly, speak quickly/rough, light sleeper

~ Value of Vāta ~

A, B, C, D, E and *movement!*

*\*Expressive/Influencer\**

# Pitta = Fire (+H2O)

~ Qualities ~

*hot, piercing, penetrating, sharp, light, spreading, oily, pungent*

~ Physical traits ~

average build, medium features (\*eyes\*), move deliberately

*\*Mesomorph\**

~ Mental traits ~

average learner, speak directly, sleep moderately

~ Power of Pitta ~

“ORG”—transform and digest

*\*Driver/Dominant\**

# Kapha = Earth (+H2O)

~ Qualities ~

*heavy, dull, cool, dense, smooth, soft, stable, gross, muddy, sticky*

~ Physical traits ~

solid build, large features (and smiles!), slow movement

*\*Endomorph\**

~ Mental traits ~

slow learner (but retain info), slow/deep speech, heavy sleep

~ Capacity of Kapha ~

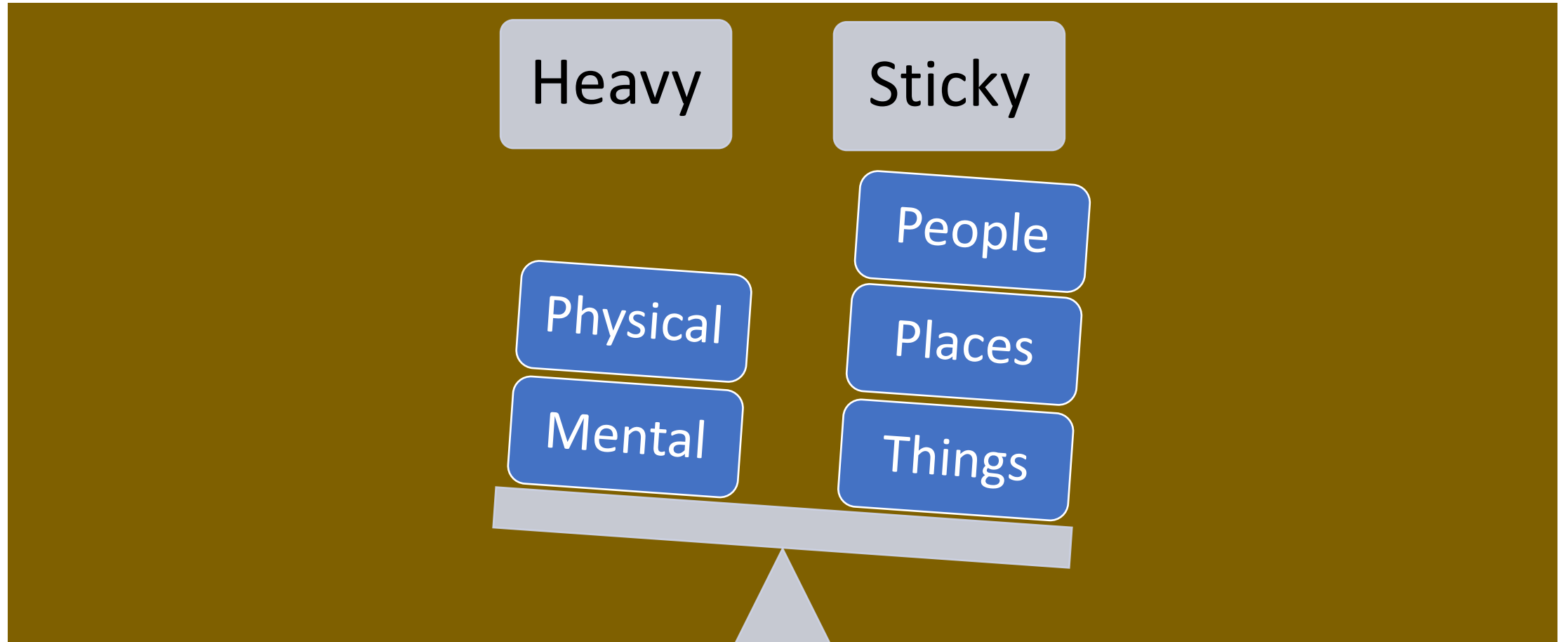
*\*Amiable/Steady\**



# Kapha



# Kapha Imbalance



*Like Increases Like, Opposites Balance*



**\*\* Food & Activity\*\***

# Practical Self-Care Strategies

## Kapha Imbalance

Foods: (think Air & Space) fresh fruit, raw or steamed vegetables, dry rice/grains (ex-basmati), lean proteins (ex-legumes, fish/poultry)

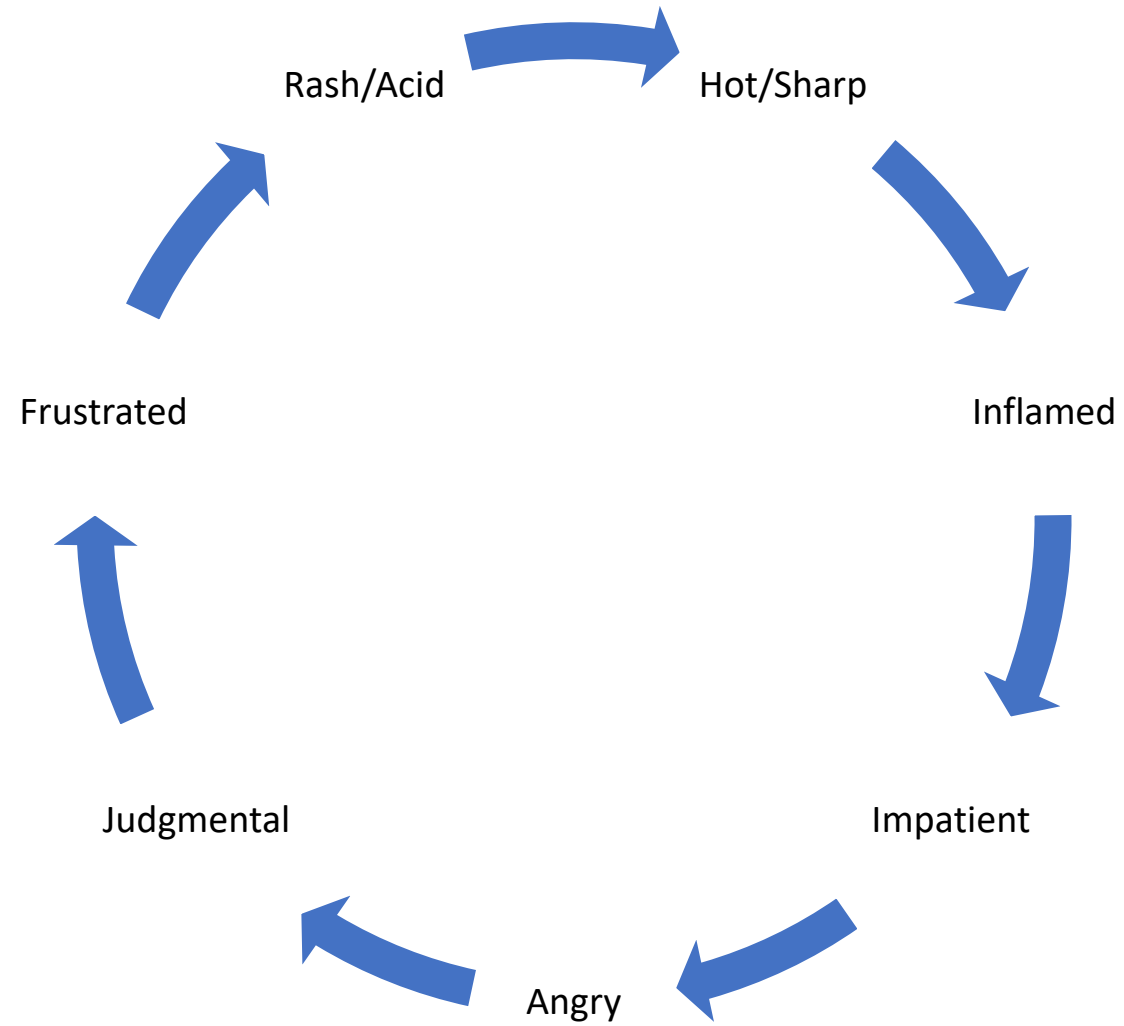
Movement/Activity: Vinyasa yoga, group fitness class, brisk walk/dance, spending time with friends/family/coworkers outside of work, volunteering/connecting with community (ex-worship, clubs/interest groups)

Breathing: "Pulling Prana" variation

Pitta



# Pitta Imbalance



# Practical Self-Care Strategies

## Pitta Imbalance

Foods: (think Earth & Space) clear broth or lightly sauteed vegetables, moderate grains (ex-quinoa), regular meals as opposed to fasting

Movement/Activity: walk in nature/shade/fresh air, yoga, meditation, talking with therapist/friend, listening to calming music, playing games/puzzles, gardening, sewing, creating visual art, cooking/baking

Breathing: Centering Breath (ex-Alternate Nostril Breathing)

# Vāta





# Vāta Imbalance



# Practical Self-Care Strategies

## Vāta Imbalance

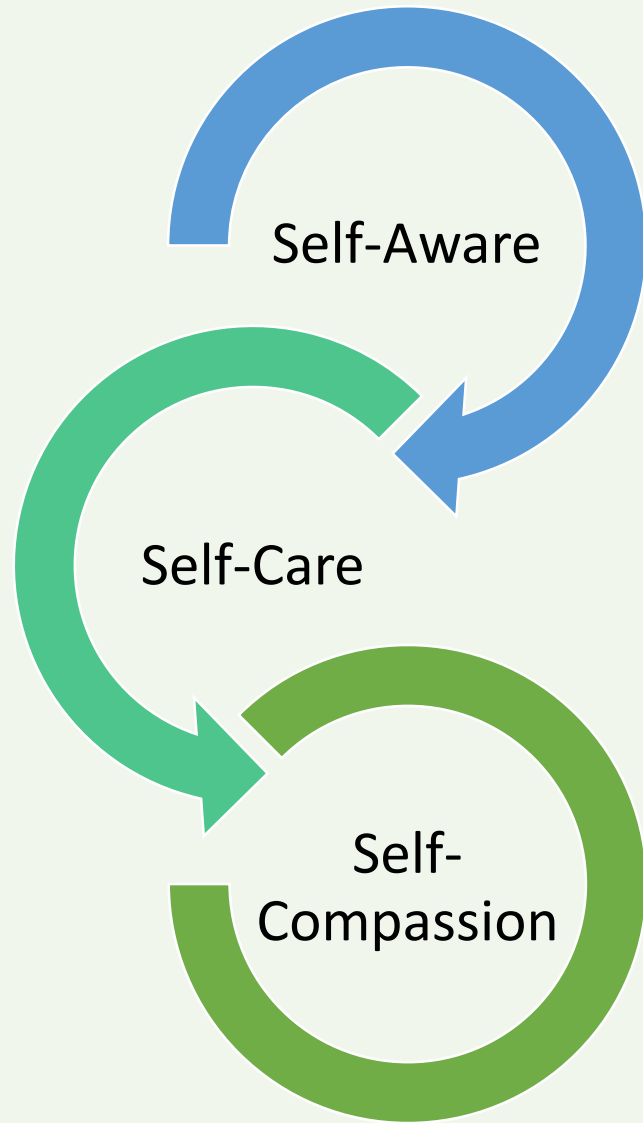
Foods: (think Earth & Water) creamy soups/stews, roasted/root vegetables, heavier grains (ex-oats), dense/moist protein

Movement/Activity: anything that helps to expend frenetic energy and wind down! (ex-jog and cool-down stretch, dancing/skating, reading, meditation/prayer, sense scan, mindfulness/Element walk)

Breathing: Complete/Dirgha Nasal Breathing (1:2, Inhale: Exhale)

## Journal Prompts...

- Right now I feel \_\_\_\_\_ (happy, sad, angry, stressed, etc.)
- In my physical body I'm noticing \_\_\_\_\_ (tension—where?, temperature, movement, fullness, lightness, bubbling/rumbling, etc.)
- The quality of my thoughts is \_\_\_\_\_ (slow, racing, random, worrying about the future, perseverating about the past, etc.)
- My overall energy feels \_\_\_\_\_ (frenetic, lethargic, focused, grounded, scattered, positive, doubtful, depressed, enthusiastic, etc.)



What do I need  
right now?



## *Bliss, Not Burnout*

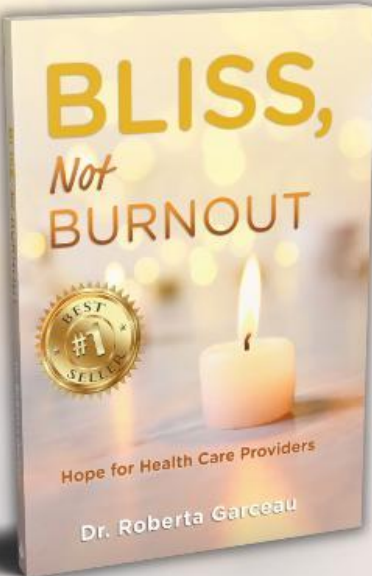
*“As a Health Care Provider, you are hard-wired to care for others day in and day out. But you can’t have an endless abundance of caring and compassion if you don’t restore your own reserves.”*

# Action Plan

- Write/note *at least one* new self-care action item and put it in your calendar/set a reminder on your phone to implement *this week!*




# References & Resources



**BLISS,  
*Not*  
BURNOUT**

Hope for Health Care Providers  
Dr. Roberta Garceau

**A Health Care  
Provider's Guide  
to Finding  
Bliss.**



**BEAT THE BURNOUT AND FIND  
BLISS WITH ROBERTA GARCEAU**



<https://geni.us/BlissNotBurnout>



Elemental ~ Wellness



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