



# Ayurveda at work

## *Vata*

Ether + Air



## *Characteristics*

**Dynamics:** Movement, circulation.

**Qualities:** Light, cold, dry, rough, clear, mobile/erratic, and subtle. Creativity, enthusiasm, freedom, joy, vitality, adaptability, and generosity.

**Body:** thin, and light.

**Strengths:** Original thinker. Enthusiastic and cheerful with amazing mental agility. Vibrant, creative, hands-on creators, full of ideas, innovative inspirers, fast, yet inaccurate.

**Threats:** multitasking, overwhelm, losing focus, unfinished projects, exhaustion, burnout.

**Advice:** Practice moderation. Create a balanced work environment. Nurture yourself with warm, moist, slightly oily, heavy foods. Ground yourself with daily oil massage. Balance yourself with slow and methodical movement, like walking, yoga, pilates or swimming.

**Ideal career:** Project based, tend to be career changers. Enjoy art and creative work. Writers, teachers, coaches, helpers, actors, photographers, art workers.

**What they need:** Projects broken into simple pieces, someone to highlight what they did well and point out something small they can improve upon. Clear direction, a plan they can stick to, space and time to create, a good proofreader.

**What they say:** Hey! I have a great idea! Let's do this and this and that!



# Ayurveda at work

## *Pitta*

Fire + Water



## *Characteristics*

**Dynamics:** Transformation, digestion

**Qualities:** Hot, sharp, light, oily, and liquid. Structured, punctual.

Driven, ambitious, focused, confident, courageous, and intelligent

**Body:** medium, muscular, strong.

**Strengths:** Leader, planner and decision maker. Warmth and purpose and be an exceptionally productive member of a team. They have excellent focus. Intense and have high expectations. Collaborative.

**Threats:** Burnout. Competitive, aggressive, self-promoting, not asking for help.

Overheated: restless, migranes, anger, impatience, irritability, and jealousy.

**Advice:** Keep your working environment cool and resist to engage in fierce competition. Schedule time to rest, listen to others openly. Bring coolness in your diet and lifestyle. Avoid salty, oily, spicy foods and choose sweet, bitter, and astringent foods. Spend time outside of work, and have fun!

**Ideal career:** Leadership position, decision making responsibilities, goal-oriented roles where negotiation, sharp logic, linear thinking and focus are appreciated.

**What they need:** Ask others for input. Remain open to strategies other than their own. Delegate and let go. See the good before they critique. Remember how they influence people (it's not all just data). Choose words carefully. Realize it's ok not to be perfect in all aspects and always leave an impression.

**What they say:** Yep. Sounds like a great plan, pitta. And, I always love your ideas, vata. Kapha, is it possible to get this done in 1 month?



# Ayurveda at work

## *Kapha*

Earth + Water



## *Characteristics*

**Dynamic:** Structure, endurance.

**Qualities:** Slow, steady, reliable and compassionate. Heavy, cold, oily, slimy, soft, static, dense, and liquid. Caring, nurturing, grounded, patient, and supportive

**Body:** Round bodies, and tend to gain weight easily.

**Strengths:** Help to make a business or operation run smoothly. Stamina, endurance and strength.

**Threats:** Resistant to change. Boredom, repetition, and lack of physical movement at work will make you stiff and lethargic. Because they are people-pleasers, they might over-commit and work hard behind the scenes so as not to disappoint. They tend not to think well on the fly and need time to come up with ideas to contribute.

**Advice:** Change your environment frequently. Be clear about your boundaries, stand up for yourself and seek out challenges to move outside of your comfort zone. Avoid cold artificial light. Eat light, dry, spicy food and resist your tendency to overeat, especially sweets, dairy, and meat. Exercise frequently, daily or every other day, like running, or aerob workouts.

**Ideal career:** Administrative jobs, caring professions, manual labor. Jobs require practicality and reliability.

**What they need:** Motivation and stimulation.

**What they say:** Yep. Sounds like a great plan, pitta. And, I always love your ideas, vata. Pitta, please give me a to-do list and I'll make sure it gets done.