



WHY HIGH-FUNCTIONING WOMEN BURN OUT — and how to fix it —

THE BURNOUT RESET

5 DAILY HABITS THAT LOWER STRESS
& RESTORE YOUR ENERGY

Based on Ayurveda, the science of longevity.
These are the same practices I teach my private clients
when stress is high and life feels like too much.



WHY THESE HABITS WORK

In Ayurveda, there are simple principles that are essential to lowering stress and restore balance to the mind and body.

1. **The mind is the control center.** Whatever we think or feel—stress, excitement, love, calm, anger—travels throughout the entire system. When we control the mind, we can control our nervous systems and bodies.
2. **The fastest way to change the mind is to move the body.**

When stress stays high for too long, it begins to show up in predictable ways: low energy, an agitated mind, poor sleep, weight gain, and a general feeling of being overwhelmed.

The good news is that the root causes are often simpler than we realize—and they can be corrected with a few consistent daily habits.

Below are five of the most common root causes of burnout and nervous system overload.

When you begin correcting these habits, stress levels drop, the mind becomes clearer, and it changes your entire being.

The most common root causes are:

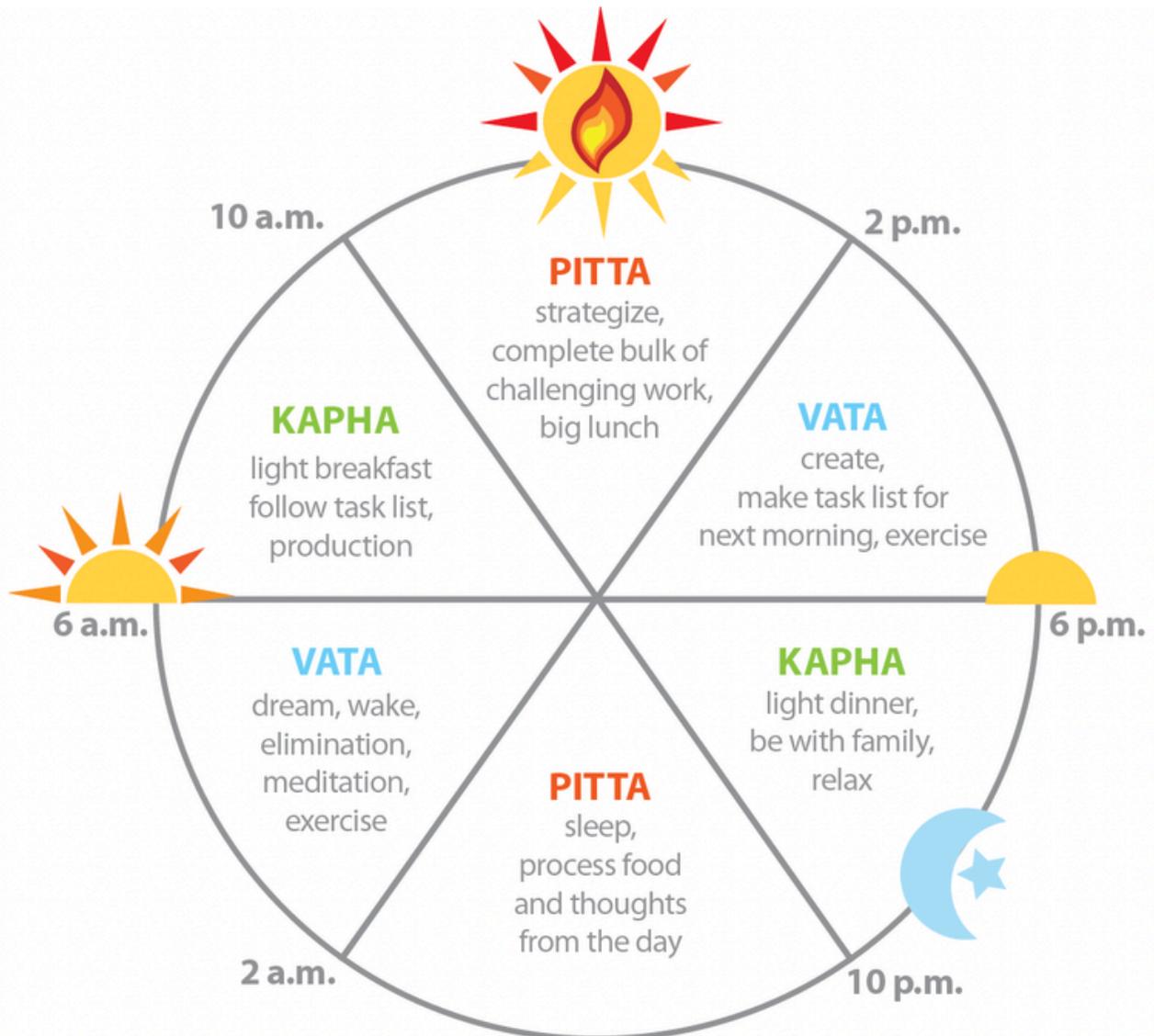
1. Poor quality sleep
2. Wrong bed/wake time
3. Eating too late and/or too much
4. Lack of daily exercise/movement
5. Lack of using the breath as a healing tool

THE AYURVEDIC DAILY RHYTHM

BELOW IS THE AYURVEDIC DAILY ROUTINE

For full details on vata, pitta, kapha and how they influence the times of day [click here](#).

Timing is the driving force behind what you do and when, for utilizing your energy and tasks at the right time of day.





5 SIMPLE HABITS, POWERFUL RESULTS

1. Bed by 10pm. If you stay up much beyond that, you'll get into pitta time and you'll feel a "second wind!" which most people mistake for an energy boost. What it really is, is the body processing all the foods, thoughts, emotions, tasks, etc., from the day (between 10pm-2am, pitta time) which is crucial for the body's restoration and rejuvenation.

This usually happens when we sleep, but if we stay awake, the body will do its thing anyway. We'll get great ideas for work projects, we find ourselves cleaning the closet, or rehash that thing that upset us today. Yes because, the body is processing and organizing and if we don't sleep, we will live it.

You might feel quite happy being a night owl until it creates sleep disturbances, moodiness, lethargy, lack of focus, scattered mind, anxiety, constipation (yes! because in ayurveda everything is connected...) and more. You might chug more coffee, you might overeat (yes, that's a thing if you don't sleep well) and for sure you're not waking before the sun. Sleep irregularity or poor sleep is a major factor in many psychological and physical imbalances. And! Ya won't have any energy. Bed by 10. It will help your life, I promise.

2. Wake before sunrise. If you go to bed by 10pm, this should not be too bad. If we rise before the sun, we rise in vata time, which is the energy of movement — we will have good energy all day long because that vibrant energy stays with us throughout the day! We will also be plenty tired by 10pm :) See how that works so nicely!?

However, if we rise after the sun, we rise in kapha time, which is slow and heavy. Waking up too late can actually cause us feel heavy in the morning and then we'll carry that sluggish heaviness with us all day. So, unless you are sick, elderly or a child, wake up in the dark! It's recommended to become a healthy person and waking early is also a sign of a healthy person. Even 10-20 minutes before sunrise will work.



KEEP GOING

3. Small dinner no later than 7:00 pm.

one problem I see. Busy people tend to skip lunch or have a really light lunch (like salad) so they come home starving and over eat at dinner. So this is two fold. If we eat a decent lunch, we won't be starving end of day and a small dinner will be all we need. This is the number

In addition, our digestive fire is not strong in the evening — it's getting ready for the night fast, so lots of food for dinner is no bueno because our digestive fire will not use it. That old food will sit around until morning and if we don't let our digerstive fire catch up, we can end up with a stock pile of old food stuff. **This can cause weight gain, cloudiness in the mind, constipation and make it tough to wake up** in the morning because all the undigested food brings heaviness to the mind and body and can cause toxins. Heard of intermittent fasting? This is a similar idea. Let digestive fire burn/use all the food before we sleep.

4. Move 15 mins every day. Seriously. Just do it. Every single day.

EJust 15 minutes or as much as 30. We don't need to over exercise, just enough to create sweat on our brow and in our pits is a good measure. Don't even think about it, just get it done.

I'm telling you, this practice changed my mindset and energy almost instantly at a point in my life when I was an overworked, burnt out and overstressed new mom. I was depressed, overwhelmed, anxious, out of shape and just, sad. So...based on Ayurveda, I remembered that **the fastest way to change our mind is to move our body**. Next morning (in the dark) I went on a 10 minute fast-paced run with my dog. That changed everything — I felt 1000x more energized, clear headed and happier, which led to a bunch of other awesome changes. We are made to move daily! If we don't, the body will break down and stagnate. So get out there! Bonus points if it's outside.



START WITH ONE RESET HABIT

Choose one and commit to it for 10 days. Over time, you can add another until you all five become habits.

5. Breathwork! One main reason that we lose energy or feel lack of energy is because we lack prana. Prana is our vital life force and the quickest place to find prana is in our breath. Like right now...close your lips and inhale deep through the nose. Now big exhale through the nose. Do this 10x and you'll feel what I'm talking about. Schedule 2 breaks in the day to breathe (set an alarm on your phone for 10:00am and 2:00pm) like this. And you'll have more prana to keep you energized.

How to succeed. Use the next page to create your realigned schedule. Just start with one practice. Once that practice is a habit, add another, until you have all five of these in place. I swear, if all you did was these five things and learned/practiced nothing else about Ayurveda, you'd be doing 80% good for the long term.

The most simple practices are usually the most impactful, as long as we stay consistent. Taking care of ourselves is easy and cheap as long as we care enough to choose the discipline to do so. Longevity is consistent, long, and boring.

So treat this like brushing your teeth — it's something you just do. Begin to show up for yourself each day consistently, by making right choices and following through with right action.

I commit to:

You got this. Here's to more energy and a more vibrant life!

Love, Monica B.

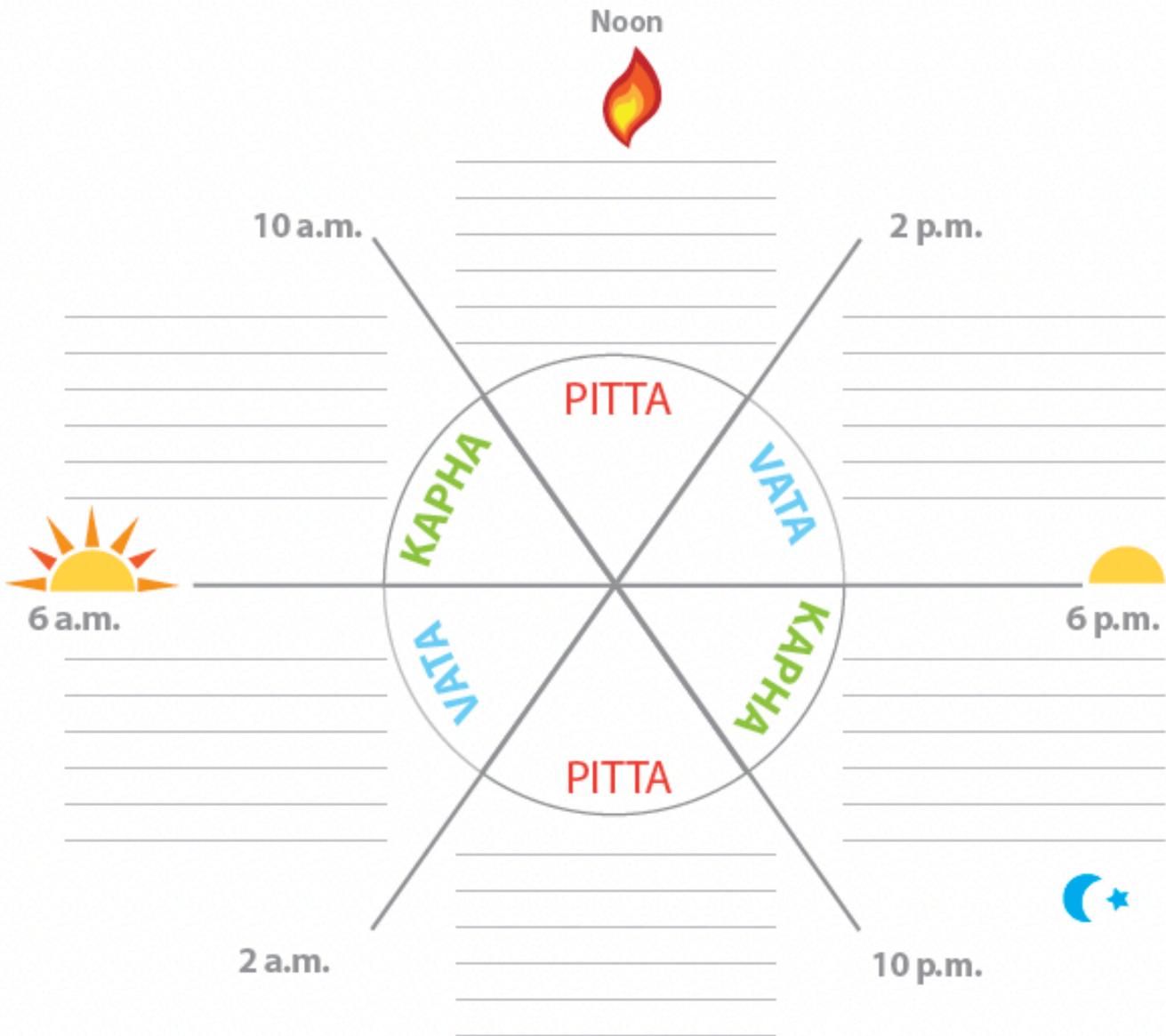
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Podcast Episode #10 | Improve Your Daily Energy
<https://www.heymonicab.com/ayurveda-podcast>

CREATE YOUR NEW SCHEDULE

Insert these mini-habits into your day so they are easy to stick to. You will notice the difference that very day.



Continue the reset with the [Anti-Burnout Bundle](#) → Guided daily practices for 30+ days to help you lower stress, rebuild your energy, and create sustainable daily habits.