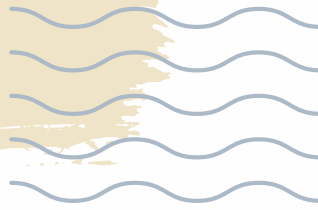


Summer Self Care

Balancing Pitta
Dosha



The Five Elements

In Ayurveda all of nature is made up of the five elements. They are considered the building blocks of life. The word in Sanskrit is Panchamahabhuta.

Pancha: five Maha: great Bhuta: element

*Earth * Water * Fire * Air * Ether*

The Three Doshas

vata: air + ether | **pitta:** fire + water | **kapha:** earth + water

Vata: The energy of action, transportation, movement. Qualities: Dry, light, cold, mobile, subtle, rough

Pitta: The energy of transformation, conversion, digestion. Qualities: Oily, sharp, hot, light, liquid, acidic

Kapha: The energy of construction, lubrication, nourishment. Qualities: Moist, heavy, cold, dull, soft, static

Pitta in Balance

Looks like a strong sense of self, mental clarity, confidence, a radiant glow.

Pitta out of Balance

Excessive heat in the body can look like heartburn, acid reflux, loose stools, sunburn, hot flashes, etc. Excessive heat in the mind can look like aggravation, frustration and judgement.

Balancing Pitta through Summer Self Care

Pay attention to heat, excessive sensory engagement and over-committing to work or social activities.

Focus on fresh, juicy summer fruits; planning meals ahead of time; lighter proteins and adequate rest. Cooling spices and herbs include fennel seed, coriander, cilantro, cardamom, mint, hibiscus and rose water. When in doubt, simplify! The water element soothes, the earth element grounds. Suggested essential oils: cedarwood, sandalwood, lavender, sweet orange, jasmine

Self-Inquiry

What are the essential parts of your daily routine? Your non-negotiables?

How do you make time for solitude during the summer months?

What will you say yes to because it brings you joy?

What will you say no to because you're focused on your well-being?

How will you create consistency for yourself during the summer months?

What are your favorite ways to play and have fun?

Who brings out your playful side?

What are your support systems, practices and tools that help you stay nourished?